

Put A Lid On It

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Jim Grice (UK)
音樂: Put a Lid on It - Squirrel Nut Zippers



POINT TO RIGHT, WITH RIGHT FOOT, SIDE TOGETHER SIDE, BEHIND SIDE CROSS, POINT TO LEFT WITH LEFT FOOT, SIDE TOGETHER SIDE TOGETHER, SIDE STEP, SIDE STEP

1&2 Point right to right, touch right beside left, point right to right
3&4 Step right behind left, step left to left, cross right over left
5&6& Point left to left, touch left beside right, point left to left, touch left beside right
7&8& Step to left on left, step right beside left, step left to left step right beside left

STEP LEFT TO LEFT ROCK BACK ON RIGHT, ROCK FORWARD ON LEFT, RIGHT SHUFFLE FORWARD, ROCK FORWARD ONTO LEFT ROCK BACK ONTO RIGHT, SHUFFLE HALF TURN LEFT

1-2-3 Step left to left, rock back on right (leaning back slightly and raising the left foot off the floor slightly), rock forward on left
4&5 Right shuffle forward
6-7 Rock forward onto left, rock back onto right
8&1 Left shuffle turning half turn left, (now facing 6:00)

STEP FORWARD ON RIGHT, ROCK FORWARD ONTO LEFT, ROCK BACK ONTO RIGHT, LEFT SIDE SHUFFLE TURNING ¼ TURN LEFT, 3 COUNT JAZZ BOXES RIGHT AND LEFT

2-3 Step forward on right, rock forward onto left
4-5&6 Rock back onto right, left side shuffle turning ¼ turn left (stepping left right left)
7-8 Cross right over left, step back on left
1-2-3-4 Step to right on right, cross left over right, step back on right, step left to left (now facing 3:00)

RIGHT SHUFFLE FORWARD, LEFT SIDE SHUFFLE TURNING ¼ TURN RIGHT

5&6 Right shuffle forward
7&8 Left side shuffle turning ¼ turn right, (you are now facing 6:00)

CROSS ROCK RIGHT OVER LEFT, RECOVER ONTO LEFT, RIGHT SHUFFLE WITH ¼ TURN RIGHT, LEFT SHUFFLE FORWARD, RIGHT SIDE MAMBO

1-2 Cross rock right over left, recover onto left
3&4 Right shuffle turning ¼ turn right
5&6 Left shuffle forward
7&8 Rock side onto right, recover onto left, touch right beside left, (you are now facing 9:00)

RIGHT BACK COASTER, LEFT FORWARD COASTER, WALK BACK RIGHT, LEFT AND STEP FORWARD TOUCH

1&2 Step back right, step left beside right, step forward on right
3&4 Step forward left, step right beside left, step back left
5-6&7-8 Step back right, step back left, step onto right, step forward onto left, touch right beside left

REPEAT
