

Put It Down!!

拍數: 32 牆數: 4 級數: Improver
編舞者: William Sevone (UK)
音樂: I Wouldn't Lay My Guitar Down - Mike Henderson



2X HEEL FORWARD-TOE SIDE-½ TURN, CHASSE RIGHT

- 1-2 Touch right heel forward, touch right toe to right side
- 3 Turn ½ right & step right foot next to left
- 4-5 Touch left heel forward, touch left toe to left side
- 6 Turn ½ left & step left foot next to right foot
- 7&8 Step right foot to right side, step left foot next to right, step right foot to right side

COMBINATION SAILOR STEP-HEEL SWITCHES, CROSS STEP, ¾ RIGHT, EXTENDED CHASSE LEFT

- 9&10 Cross step left foot behind right, step right foot next to left, touch left heel forward
- &11 Step left foot next to right, touch right heel forward
- &12 Step right foot next to left, cross step left foot over right
- 13-14 Unwind ¾ right, step left foot to left side
- &15&16 Step right foot next to left, step left foot to left side, step right foot next to left, step left foot to left side

4X HIPS BUMPS (OPTION-WITH EXPRESSION), ¼ RIGHT SAILOR STEP, SHUFFLE FORWARD

- 17-18 Bump hips to left, bump hips to right
- 19-20 Bump hips to left, bump hips to right

Style note: emphasize the hip bumps by 'bending' the legs into the move,(if you wish you could 'air guitar' as well)

- 21&22 Cross step left foot behind right, step right foot next to left, turn ¼ right & step forward onto left foot
- 23&24 Step forward onto right foot, close left foot next to right, step forward onto right foot

DIAGONAL FORWARD STEP, ½ LEFT, COASTER STEP, SHUFFLE FORWARD, DIAGONAL CROSS STEP, ¼ LEFT SIDE STEP, STEP

- 25-26 (Facing forward) step left foot diagonally forward left, turn ½ left & step backward onto right foot
- 27&28 Step backward onto left foot, step right foot next to left, step forward onto left foot
- 29&30 Step forward onto right foot, close left foot next to right, step forward onto right foot
- 31&32 Cross step left foot diagonally forward right over right, turn ¼ left & step right foot to right side, step left foot in place

REPEAT

RESTART

After count 16 (facing 9:00) on the 9th wall

DANCE FINISH

After count 16 (facing 9:00) on the 11th wall, do the following

- 1 Turn ¼ right & stomp forward onto right foot (on stomp - right hand on hat brim)