

Rough Enough

拍數: 40 牆數: 4 級數: Improver
編舞者: Judy Rice (USA)
音樂: Just Enough Rope - Rick Trevino



RIGHT HEEL TAPS, FORWARD & DIAGONAL, STOMP TOGETHER

- 1 Right heel tap forward and diagonal (at approximately 2:00 o'clock)
- 2 Right heel tap forward and diagonal (at approximately 1:00 o'clock)
- 3 Right heel tap forward and diagonal (at approximately 2:00 o'clock)
- &4 Right and left stomps at same time together, while bending both knees and lowering body on the stomp down. (body raises up for next step).

LEFT HEEL TAPS, FORWARD AND DIAGONAL, STOMP TOGETHER

- 5 Left heel tap forward and diagonal (at approximately 10:00 o'clock).
- 6 Left heel tap forward and diagonal (at approximately 11:00 o'clock).
- 7 Left heel tap forward and diagonal (at approximately 10:00 o'clock).
- &8 Left and right stomps at same time together, while bending both knees and lowering body on the stomp down. (body raises up for next step).

RIGHT HEEL TAP, FORWARD AND DIAGONAL, STOMP TOGETHER

- 9 Right heel tap forward and diagonal (at approximately 2:00 o'clock).
- &10 Right and left stomps at same time together, while bending both knees and lowering body on the stomp down. (body raises up for next step).

LEFT HEEL TAP, FORWARD AND DIAGONAL, STOMP TOGETHER

- 11 Left heel tap forward and diagonal (at approximately 10:00 o'clock).
- &12 Left and right stomps at same time together, while bending both knees and lowering body on the stomp down. (body raises up for next step).

HEEL AND TOE SWIVELS TRAVELING LEFT, HOLD AND LEAN

- 13 Heels swivel to left (traveling to left side)
- 14 Toes swivel to left (traveling to left side)
- 15 Heels swivel to left (traveling to left side)
- 16 Hold position and lean body back 4 to 6"

RIGHT HEEL FAN/TAPS

During the following steps 17-20, right heel should point at approximately 8:00 o'clock; body faces approximately 2:00 o'clock, and will be leaning backward 4" to 6" for styling. Knees will be slightly bent for balance. Right toes in place during fans.

- 17 Right heel fans to approximately 9:00 o'clock, tap heel
- 18 Right heel fans to approximately 7:00 o'clock, tap heel
- 19-20 Right heel fans to approximately 8:00 o'clock, tap heel twice

HEEL AND TOE SWIVELS TRAVELING RIGHT, HOLD AND LEAN

- 21 Heels swivel to right (traveling to right side)
- 22 Toes swivel to right (traveling to right side)
- 23 Heels swivel to right (traveling to right side)
- 24 Hold position and lean body back 4 to 6 inches.

LEFT HEEL FAN/TAPS

During the following steps 25-28, left heel should point at approximately 4:00 o'clock; body faces approximately 10:00 o'clock, and will be leaning backward 4 to 6 inches for styling. Knees will be slightly bent

for balance. Left toes in place during fans.

- 25 Left heel fans to approximately 3:00 o'clock, tap heel
- 26 Left heel fans to approximately 5:00 o'clock, tap heel
- 27-28 Left heel fans to approximately 4:00 o'clock, tap heel twice

HEEL SWIVELS, LEFT, RIGHT, LEFT, HOLD

- 29 Heel swivels to left
- 30 Heel swivels to right
- 31 Heel swivels to left
- 32 Hold position (weight change to left)

RIGHT TRIPLE STEPS, ROCK/STEP BACK RIGHT

- 33 Right step to right side
- & Left step beside right
- 34 Right step to right side
- 35 Left step back/rock behind right (weight applied left)
- 36 Right step in place/rock step (weight applied right)

LEFT TRIPLE STEPS, ROCK STEP BACK INTO ¼ TURN RIGHT, STEP LEFT

- 37 Left step to left side
- & Right step beside left
- 38 Left step to left side
- 39 Right step back/rock into ¼ turn to right (weight applied right)
- 40 Left step in place/rock step (weight applied left)

REPEAT
