

Shooting It All

拍數: 0 牆數: 1 級數: Improver
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音樂: Rhinestone Cowboy - Glen Campbell



Sequence: A-B-C-A-B-C-C

PART A

WALK, WALK, WALK, KICK, ¼ SAILOR TURN, STEP TURN

- 1-4 Walk forward on right foot, walk forward on left foot, walk forward on right foot and kick forward with left foot
- 5&6 Turn a ¼ turn while stepping back on left foot, step right foot next to left foot, and step forward on left foot
- 7-8 Step forward on right foot, turn a ½ turn over left shoulder and step forward on left foot

WALK, WALK, WALK, KICK, ¼ SAILOR TURN, STEP TURN

- 1-8 Repeat the above steps

STEP, HOLD, STEP, HOLD, WEAVE

- 1-4 Step right foot to the right, hold, cross left foot behind right foot, hold
- 5-8 Step right foot to the right side, cross left foot over right foot, step right foot to the right side, cross left foot behind right foot

HALF HIP ROLL, HOLD, HOLD, HIP BUMS

- 1-2 Take a little step diagonal to the right and roll your hip forward. Weight ends on right foot
- 3-4 Hold, hold
- 5-8 Hip backwards on your left, hip forward on your right, hip backwards on your left, hip forward on your right

SHUFFLE, ROCK STEP, SHUFFLE, ROCK STEP

- 1&2 Step left foot to left side, step right foot next to left foot, step left foot to the left side
- 3-4 Cross right foot behind left foot, replace weight on left foot
- 5&6 Step right foot to right side, step left foot next to right foot, step right foot to the right side
- 7-8 Cross left foot behind right foot, replace weight on right foot

¼ TURN, HOLD, ¼ TURN, HOLD, ¼ TURN, HOLD, ¼ TURN, HOLD

- 1-4 Step left foot forward while turning a ¼ turn over your left shoulder, hold, step right foot to the right side while turning a ¼ turn over your left shoulder, hold
- 5-8 Step left foot forward while turning a ¼ turn over your left shoulder, hold, step right foot to the right side while turning a ¼ turn over your left shoulder, hold

COASTER STEP, STEP TURN, STOMP, CLAP, STOMP, CLAP

- 1&2 Step left foot backwards, step right foot next to your left foot, step forward on your left foot
- 3-4 Step forward on your right foot, turn a ½ turn over your left shoulder and step forward on left foot
- 5-8 Step forward on right foot, clap your hands, step forward on your left foot, clap your hands

PART B

TOE-HEEL JAZZ BOX

- 1-4 Cross right foot over left with toe, flat, step left foot backwards with toe, flat
- 5-8 Step right foot toe right side, flat, step left foot in place with toe, flat

SHUFFLE FORWARD, ROCK STEP, SHUFFLE BACKWARDS, STEP, TOUCH, CLAP

- 1&2 Walk forward on right foot, step left foot next to right foot, step forward on right foot
3-4 Rock forward on left foot, replace weight on right foot
5&6 Walk backwards on left foot, step right foot next to left foot, step backwards on left foot
7-8 Step backwards on right foot, tap left toe over right foot

LOCK STEP, SCUFF, LOCK STEP, SCUFF

- 1-4 Step forward on left foot, cross right foot behind left foot, step forward on left foot, scuff forward with your right foot
5-8 Step forward on right foot, cross left foot behind right foot, step forward on right foot, scuff forward with your right foot

HIP BUMS, HIP ROLL

- 1-4 Take a little step diagonal to the right side while pushing your hip to the right side twice, hip diagonal backwards to the left side twice
5-8 Roll your hip all around

PART C

CHARLESTON, SHUFFLE, ROCK STEP

- 1-4 Step forward on your right foot, touch your left toe forward, step backwards on your left foot, touch your right toe backwards
5&6 Step right foot to the right side, step left foot next to the right foot, step right foot to the right side
7-8 Cross diagonally backwards to the right side with your left foot, replace weight on your right foot

STOMP, HOLD, STUMP, HOLD, HOLD X4

- 1-4 Stomp left foot to the left side, hold (hold up your left hand in the shoulder level, as a gun), stomp right foot in place, hold (hold up your right hand in the shoulder level, as a gun)
5-6 Hold, hold (point forward with both gun-hands, as if you were shooting something)
7-8 Hold, hold (take both hands up into the shoulder level as in step 1-4, and then put them in their holsters)

ROCKING CHAIR, STEP TURN, STOMP UP, CLAP

- 1-4 Rock forward on your right foot, replace weight on your left foot, rock backwards on your right foot, replace weight on your left foot
5-8 Step forward on your right foot, turn a ½ turn over your left shoulder and step forward on your left foot, stomp right foot next to your left foot, but keep your weight on left foot, and then clap your hands

CHARLESTON, SHUFFLE, ROCK STEP

- 1-4 Step forward on your right foot, touch your left toe forward, step backwards on your left foot, touch your right toe backwards
5&6 Step right foot to the right side, step left foot next to the right foot, step right foot to the right side
7-8 Cross diagonally backwards to the right side with your left foot, replace weight on your right foot

STOMP, HOLD, STOMP, HOLD, HOLD X4

- 1-4 Stomp left foot to the left side, hold (hold up your left hand in the shoulder level, as a gun), stomp right foot in place, hold (hold up your right hand in the shoulder level, as a gun)
5-7 Hold, hold (point forward with both gun-hands, as if you were shooting something)
7-8 Hold, hold (take both hands up into the shoulder level as in step 1-4, and then put them in their holsters)

HIP BUMPS, HIP ROLL

1-4 Take a little step diagonal to the right side while pushing your hip to the right side twice, hip diagonal backwards to the left side twice

5-8 Roll your hip all around

STEP, HOLD, STEP, HOLD, STEP ¼ TURN, HOLD, HITCH, HOLD

1-4 Step left foot to the left side, hold, cross right foot behind left foot, hold

5-8 Step left foot forward while turning a ¼ turn over you left shoulder, hold, hitch right knee while clapping on your knee, hold

STEP ¼, HOLD, STEP ¼, HOLD, WALK 4 STEPS WITH A ¼ TURN

1-4 Step right foot forward while turning a ¼ turn over your right shoulder, hold, step left foot forward while turning a ¼ turn over your right shoulder, hold, walk 4 steps, right foot-left foot-right foot-left foot, while turning the last ¼ turn
