

So Rattled!!

拍數: 48 牆數: 4 級數: Improver
編舞者: John Newcomer (USA) & Bonnie Newcomer (USA)
音樂: I Get So Rattled - Jill Morris



Both the suggested songs have a 16 count bridge in them, to be done one time only before starting the second (2nd) wall

LEFT SAILOR STEP, RIGHT SAILOR STEP, LEFT SAILOR STEP, RIGHT SAILOR STEP MOVING BACK SLIGHTLY

1&2 Left step behind right, right step to the side, left step to the side
3&4 Right step behind left, left step to the side, right to the side
5&6 Left step behind right, right step to the side, left step to the side
7&8 Right step behind left, left step to the side, right to the side

LEFT KICK, BALL, STEP (3X), STEP, PIVOT ½

9&10 Left foot kick forward, step on ball of left foot, right foot step forward
11&12 Left foot kick forward, step on ball of left foot, right foot step forward
13&14 Left foot kick forward, step on ball of left foot, right foot step forward
15-16 Left step forward, then pivot on right foot ½ turn to the right

¼ TURN RIGHT, TOGETHER, HIP ROLLS, SIDE, TOGETHER, HIP ROLLS

17-18 Left foot step ¼ turn right, then right foot slide over to left foot
19&20 Roll hips (use your imagination! But keep it legal!)
21-22 Right foot step to right side, then left foot slide over to right foot
23&24 Roll hips (use your imagination! But keep it legal!)

ROCK, STEP, COASTER STEPS, ROCK, STEP, COASTER STEPS

25-26 Left foot rock forward, then right foot step down
27-28 Left foot coaster step (back, together, forward)
29-30 Right foot rock forward, then left foot step down
31-32 Right foot coaster step (back, together, forward)

TOE POINT TO SIDE, THEN STEP ACROSS: LEFT, RIGHT, LEFT, RIGHT

33-34 Left toe point to left side, then left foot step across right foot
35-36 Right toe point to right side, then right foot step across left foot
37-38 Left toe point to left side, then left foot step across right foot
39-40 Right toe point to right side, then right foot step across left foot

To achieve "THE LOOK": Shift weight forward on the "&", then back on the whole number. As you straighten leg (to swing same hip) drop same shoulder. Example: straighten left leg, swing hips left, drop left shoulder

41& Left foot stomp forward & swing hips left
42&43&44 Swing hips: right, left, right, left, right
& Shift weight to left foot
45& Right foot stomp forward & swing hips right
46&47&48 Swing hips: left, right, left, right, left
& Shift weight to right foot

REPEAT

TAG

LEFT SIDE SHUFFLE, PIVOT ½ LEFT, RIGHT SIDE SHUFFLE, PIVOT ½ LEFT, LEFT SIDE SHUFFLE,
ROCK STEP, RIGHT SIDE SHUFFLE, PIVOT ½ RIGHT, LEFT SIDE SHUFFLE, PIVOT ½ RIGHT, RIGHT

SIDE SHUFFLE, ROCK STEP

1&2 Left foot step to left side, right foot step together, left foot step to left side
& Pivot on left foot ½ turn to the left (to the left)
3&4 Right foot step to right side, left foot step together, right foot step to right side
& Pivot on left foot ½ turn to the left (to the left)
5&6 Left foot step to left side, right foot step together, left foot step to left side
7-8 Right foot rock across left foot, then left foot step down
9&10 Right foot step to right side, left foot step together, right foot step to right side
& Pivot on right foot ½ turn to the right (to the right)
11&12 Left foot step to left side, right foot step together, left foot step to left side
& Pivot on right foot ½ turn to the right (to the right)
13&14 Right foot step to right side, left foot step together, right foot step to right side
15-16 Left foot rock across right foot, then right foot step down
