

Squeeze It

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Ray Busque (ES)
音樂: Squeeze Box - McBride & The Ride



SYNCOPATED STEPS AND HEEL TOUCHES, STOMP, KICK

- 1 Step left cross over right
- &2 Step right back (45 degrees right), touch left heel forward (45 degrees left)
- &3 Step left back, step right cross over left
- &4 Step left back (45 degrees left), touch right heel forward (45 degrees right)
- &5 Step right back, step left cross over right
- &6 Step right back, touch left heel forward
- &7 Step left beside right, stomp right beside left
- 8 Kick right forward

STEP, PIVOT $\frac{3}{4}$ TURN LEFT, BACK SHUFFLE, ROCK-STEP, FORWARD SHUFFLE

- 9-10 Step right cross over left, pivot $\frac{3}{4}$ turn left (weight on right)
- 11&12 Step left back, step right close to left, step left back
- 13-14 Rock back on right, step left in place (recover)
- 15&16 Step right forward, step left close to right, step right forward

(SYNCOPATED HEEL AND TOE TOUCHES, PIVOT $\frac{1}{2}$ TURN) TWICE

- 17&18 Touch left heel forward, step left beside right, touch right heel forward
- &19-20 Step right beside left, touch left toe to left side, pivot $\frac{1}{2}$ turn left stepping left beside right
- 21&22 Touch right heel forward, step right beside left, touch left heel forward
- &23-24 Step left beside right, touch right toe to right side, pivot $\frac{1}{2}$ turn right stepping right beside left

FORWARD SHUFFLE, MAMBO-HEEL, BACK SHUFFLE, MAMBO-HEEL

- 25&26 Step left forward, step right close to left, step left forward
- 27&28 Rock forward on right, step left in place (recover), touch right heel forward
- 29&30 Step right back, step left close to right, step right back
- 31&32 Rock back on left, step right in place (recover), touch left heel forward

CHASSE LEFT, ROCK-STEP, CHASSE RIGHT, ROCK-STEP

- 33&34 Step left to left side, step right beside left, step left to left side
- 35-36 Rock right cross over left, step left in place (recover)
- 37&38 Step right to right side, step left beside right, step right to right side
- 39-40 Rock left cross over right, step right in place (recover)

(KICK-BALL-CROSS, STEP, KICK) TWICE

- 41&42 Kick left forward, step left beside right, step right cross over left
- 43-44 Step left to left side, kick right in front of left (45 degrees left)
- 45&46 Kick right forward, step right beside left, step left cross over right
- 47-48 Step right to right side, kick left in front of right (45 degrees right)

REPEAT