

# Squeeze Me!

拍數: 52      牆數: 1      級數: Intermediate  
編舞者: Laurie Schlekeway-Burkhardt (USA)  
音樂: Squeeze Me In - Garth Brooks & Trisha Yearwood



## CHARLESTON STEPS

- 1&2      Swing right foot out and touch toe in front of left, swing right foot back out, and step ball of foot down behind left
- &3      Swing left foot out, touch left toe behind right foot
- &4      Swing left foot back out, step ball of left foot down in front of right
- &5      Swing right foot out, touch toe in front of left
- &6      Swing right foot back out, step ball of foot down behind left
- &7      Swing left foot out, touch left toe behind right foot
- &8      Swing left foot back out, bring left foot down in place next to right

**The entire time you are doing these steps, you will remain on your toes. To add a little spice, every time you step your toe down in the front or back, your heels will swivel inwards; and every time you are swinging your foot out to the right or left, your heels will swivel outwards**

## SIDE SHUFFLE STEPS IN ¼ TURNS

- 1&2      Step right foot to right side, slide left next to right, step right foot to right side
- 3&4      Making a ¼ turn to right, step left foot out to left side, slide right next to left, step left foot to left side
- 5&6      Making a ¼ turn to right (now facing back wall), step right foot to right side, slide left next to right, step right foot to right side
- 7&8      Making a ¼ turn to right, step left foot out to left side, slide right next to left, step left foot to left side

## FORWARD SLIDE KICKS 2X, STOMPS, HEEL SWIVELS

- 1&      Kick right foot out in front and at the same time slide your left foot slightly backwards, cross right foot down slightly in front of left
- 2&      Step weight back on left, step right foot down again slightly in front of left

## REPEAT THIS TO THE LEFT

- 3&      Kick left foot out in front and at the same time slide your right foot slightly backwards, cross left foot down slightly in front of right
- 4&      Step weight back on right, step right foot down again slightly in front of left

**As you're stepping your feet back and forth in place, your body is slightly moving in a rocking manner - really let your knees bed on this one!**

- 5-6      Stop right foot out slightly to right, stomp left foot out slightly to left (feet should be shoulder width apart)
- 7&8      Turn both toes inward, turn both heels inward, turn both toes inward (feet are now together)

## HEEL SWIVELS

- 1-2      Turn both heels to right, turn both toes to right
- 3&4      Turn both heels to right, turn both toes to right, turn both heels to right
- 5-6      Turn both heels to left, turn both toes to left
- 7&8      Turn both heels to left, turn both toes to left, turn both heels to left

## TOE, HEEL STEPS MAKING ¼ TURN TO RIGHT

- 1-2      Cross right foot over left and tap toe, pick foot slightly up and step weight down (still crossed over left)
- 3-4      Tap left toe back, pick foot slightly up and step your weight down

- 5-6            Make a ¼ turn to right (now facing front wall) and tap right toe in place, pick foot slightly up and step weight down in place
- 7-8            Tap left toe in place, pick foot slightly up and step weight down in place

### **STOMP, TOE TAPS**

1                Stomp right foot out to 1:00 position

2-4            Tap toe three times

**As you're doing this, shake your right index finger out in front as if you were scolding someone**

5                Stomp left foot out to 11:00 position

6-8            Tap toe three times

**As you're doing this side, shake your left index finger**

### **BACK SIDE JAZZY KICKS**

1                Swing right foot out to right side while slightly bouncing in place on your left foot (just raise your heel up)

&2            Step right foot slightly back, swing left foot out to left side while slightly bouncing in place on your right foot (just raise your heel up)

&3            Step left foot slightly back, swing right foot out to right side while slightly bouncing in place on your left foot

&4            Jump weight back onto right foot, while raising left knee up slightly, step down onto left foot

**REPEAT**

---