

Stand On It

拍數: 32 牆數: 4 級數: Beginner dance
編舞者: A.T. Kinson (USA)
音樂: Stand On It - Mel McDaniel



VINE RIGHT, KICK OUT TO RIGHT, VINE LEFT, KICK OUT TO LEFT

- 1-4 Left step behind right, right step to right side, left step in front of right, kick right out to right side
5-8 Right step behind left, left step to left side, right step in front of left, kick left out to left side

LEFT FOOT STEP FORWARD, HOLD, PIVOT ½ RIGHT, RIGHT STEP FORWARD, HOLD, REPEAT

- 1-4 Left step forward, hold count, pivot ½ right, right step forward hold count
5-8 Left step forward, hold count, pivot ½ right, right step forward hold count

TOE STRUTS- 6 COUNTS, FORWARD ROCK RECOVER

- 1-2 Touch left toe forward, drop left heel down take weight
3-4 Touch right toe forward, drop right heel down take weight
5-6 Touch left toe forward, drop left heel down take weight
7-8 Rock right forward, recover weight

TAP-TAP, TOUCH, TOUCH, LIFT ACROSS BEHIND, TOUCH TO SIDE, LIFT ACROSS BEHIND WITH ¼ TURN RIGHT, STEP SIDE

- 1-4 Tap right toe back twice, touch right toe forward, touch right toe out to right side
5-6 Lift right foot up across behind left knee, point right toe out to right side
7-8 Lift right foot up across behind left knee and turn ¼ left, step on right to right side

REPEAT
