

Stickin' With It

拍數: 40 牆數: 4 級數: Improver east coast swing
編舞者: Maurice Rowe (USA) & Melissa Daum (USA)
音樂: I Ain't No Quitter - Shania Twain



16 count Intro; Start dancing on words "He Ropes, He Rides"

SIDE SHUFFLE, ROCK/RETURN, SIDE SHUFFLE, ROCK/RETURN

1&2 Step right to right, step left together with right, step right to right
3-4 Rock left behind right, recover on right
5&6 Step left to left, step right together with left, step left to left
7-8 Rock right behind left, recover on left

SUGARFOOT (SWIVEL HIPS FOR STYLING), HOP BACK (TWICE)

1-2 Touch right toe beside left, touch right heel beside left
3 Cross right over left taking weight onto right
4-5 Touch left toe beside right, touch left heel beside right
6 Cross left over right taking weight onto left
&7 Hop slightly backward on left, tap right toe next to left foot
&8 Repeat count 7 (weight remains on left foot)

TURNING SIDE SHUFFLES, SYNCOPATED JAZZ BOX

&1&2 ¼ turn right, step right to right side, step left beside right, step right to right
& Turn ½ turn right
3&4 Step left to left, step right beside left, step left to left (facing 9:00 wall now)
5-6 Cross right over left, step back on left
&7-8 Step right beside left, cross left over right, point/touch right to right side
Optional for last count (for the quick and brave)
8 Quickly press/weight right ball
& Return weight to left in place

CROSS, HOLD, UNWIND, KICK BALL CHANGE, WALK, WALK

1-2 Cross right over left, hold
3-4 Unwind slow ½ turn left (transfer weight to left foot)
5&6 Kick right forward, step right home, step left home (kick/ball/change)
7-8 Walk forward right, left (walk is done with "attitude")

WALK, WALK, WALK, TURN, KICK (TWICE)

1-2 Diagonal walk toward 4:30 right, left (your body has a funky lean to the right as you walk and kick here)
3&4 Continue walking toward 4:30 with right foot, turn left to face 1:30, kick left (toe pointed) toward 1:30
5-6 Diagonal walk toward 1:30 left, right (your body has a funky lean to the left as you walk and kick here)
7&8 Continue walking toward 1:30 with left foot, turn right to face 4:30, kick right (toe pointed) toward 4:30
& Turn slightly left to face new wall (3:00 wall is new starting wall)

The key to the final 8 counts is attitude: strut your stuff!

REPEAT