

Tight Squeeze

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Karl Cregeen (UK)
音樂: Squeeze Me In - Garth Brooks & Trisha Yearwood



ROCK STEP, KICK CROSS

- 1 Rock to the right side on right foot
- 2 Recover weight onto left foot
- 3 Kick right foot forward
- 4 Cross right foot over left and put your weight on right foot

ROCK STEP, KICK CROSS

- 5 Rock to the left side on left foot
- 6 Recover weight onto right foot
- 7 Kick left foot forward
- 8 Cross left foot over right and put your weight on left foot

TURN ¼ CLAP, TURN ½ CLAP

- 9 Turn ¼ turn to right, weight forward on right foot
- 10 Clap
- 11 Turn ½ turn left, weight on your left foot
- 12 Clap

¼ TURN, STRUTS

- 13 Turn ¼ right stepping forward onto right toe
- 14 Drop right heel
- 15 Step forward on left toe
- 16 Drop left heel

PIVOT TURNS WITH CLAPS

- 17 Step forward with your right foot
- 18 Clap
- 19 Turn ½ turn left, weight onto left foot
- 20 Clap

RIGHT AND LEFT HEELS, STEP, STEP

- 21 Step forward onto your right heel
- 22 Step forward on your left heel
- 23 Step back right foot into place
- 24 Step back left foot into place

RIGHT AND LEFT GRAPEVINES WITH TOUCHES AND HEEL SLAPS

- 25 Step right to right side
- 26 Step left behind right
- 27 Step right foot to right side
- 28 Touch left toe next to right foot
- 29 Touch left foot out to your left side
- 30 Hook left foot behind right leg and slap left heel with right hand
- 31 Touch left toe to left side
- 32 Hook left leg in front of right leg and slap with right hand
- 33 Step left foot out to left side

- 34 Step right foot behind left
- 35 Step left foot out to left side
- 36 Touch right toe next to left
- 37 Touch right toe to right side
- 38 Hook right leg behind left leg and slap right heel with left hand
- 39 Touch right toe to right side
- 40 Hook right leg in front of left leg and slap right heel with left hand

FORWARD & BACK HOOKS WITH HEEL SLAPS. LOCK STEP FORWARD AND SCUFF

- 41 Step forward with right foot
- 42 Hook left foot behind right leg and slap left heel with right hand
- 43 Step back onto left foot
- 44 Hook right foot in front of left leg and slap right heel with left hand
- 45 Step forward on right foot,
- 46 Lock left foot behind right foot
- 47 Step forward onto right foot
- 48 Scuff left foot past right

49-56 Repeat steps 41-48 leading with your left foot (all opposite feet)

You should end up scuffing right foot

ROCK STEP, ½ TOUCH TURN, ½ PIVOT, ROCK BACK

- 57 Rock forward onto your right foot
- 58 Recover weight back onto left foot
- 59 Touch right foot back
- 60 Pivot ½ turn right, weight ends up on forward right foot
- 61 Step forward on left foot
- 62 Pivot ½ turn right on ball of left foot, weight ends up on left foot
- 63 Rock back onto right foot
- 64 Replace weight forward onto left foot

REPEAT

RESTART

If using the Garth Brooks track, the music will stop on beat 49 on the third rotation of the dance (you be facing the back wall). All you need to do is add a left stomp with weight after the scuff on beat 48 and then start the dance again from beat 1 with the music.
