

Turned On

拍數: 64 牆數: 4 級數:
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音樂: I Left Something Turned On At Home - Trace Adkins



CRISS CROSS SHUFFLES

- 1&2 Moving forward at 45 degrees to left, cross right foot over left, step left foot behind left heel and step right foot forward
- 3&4 Moving forward at 45 degrees to right, cross left foot over right, step right foot behind left foot and step left forward
- 5&6 Repeat steps 1&2
- 7&8 Repeat steps 3&4

MONTEREY TURN

- 9&10 Point right toe to right side, pivot $\frac{1}{2}$ turn right on ball of left foot and step right foot beside left foot
- 11&12 Point left toe to left side and return next to left foot

SIDE LUNGES, PIVOT, SIDE LUNGES

- 13-14 Lunge to the right on right foot, step right foot next to left
- 15-16 Lunge to the left on left foot, step left foot next to right
- & Pivot $\frac{1}{4}$ turn left on ball of left foot
- 17-18 Lunge to the right on right foot, step right foot next to left
- 19-20 Lunge to the left on left foot, step left foot next to right

SYNCOPATED JUMPS

- & Jump slightly forward onto right foot
- 21-22 Step left foot next to right, hold & clap hands
- & Jump slightly back onto left foot
- 23-24 Step left foot next to right, hold & clap hands
- & Jump slightly back onto right foot
- 25-26 Step left foot next to right, hold & clap hands
- & Jump slightly back onto left foot
- 27&28 Step left foot next to right, hold & clap hands

RIGHT KICK-BALL CHANGE, STEP PIVOT $\frac{1}{2}$ TURN

- 29&30 Kick right foot forward, step onto ball of right foot next to left, shift weight onto left foot
- 31-32 Step forward on right foot & pivot $\frac{1}{2}$ turn left (weight on left foot)

SIDE SHUFFLES, STEP PIVOT $\frac{1}{2}$ TURN

- 33-34 Step right to right, step left next to right, step right to right, (right-left-right)
- 35-36 Step forward on ball of left foot and pivot $\frac{1}{2}$ turn left (while hitching right leg)
- 37-40 Repeat steps 33-36

SYNCOPATED TOE & HEEL TOUCHES, HOLDS

- 41-42 Touch right toe to the right. Hold
- & Step right foot to center
- 43-44 Touch left toe to left, hold
- & Step left foot to center
- 45-46 Touch right heel forward, hold
- & Step right foot to center
- 47-48 Touch left toe back, hold

GALLOPS, ROCK STEPS, TRIPLE STEPS

- 49&50 Step forward at 45 degrees on left, step right to left & step left forward
51&52 Step forward at 45 degrees on right, step left to right & step right forward
53-54 Rock forward on left foot and rock back on right
55&56 Triple step on the spot. (left-right-left)

RIGHT CROSS VINE, STEP PIVOT TURN

- 57-58 Step right onto right foot, step left behind right
59-60 Step right onto right foot, step left across right foot
61-62 Step forward on right foot & pivot ½ turn left
63&64 Repeat steps 61-62

REPEAT
