# The Whole Shebang



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Alyson Climis (USA) 音樂: I Will... But - SHeDAISY



#### LEFT-HEEL-AND-STEP, RIGHT-HEEL-AND-STEP; STEP LEFT, LOCK, LEFT-LOCK-LEFT

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Ω	Left foot steps to left side
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- 1 Right heel touches forward and slightly right angling body to the right
- & Right foot steps home (body centers)
- 2 Left foot steps slightly forward
- & Right foot steps to right side
- 3 Left heel touches forward and slightly left angling body to the left
- & Left foot steps home (body centers)
- 4 Right foot steps slightly forward
- 5 Left foot steps forward
- 6 Right foot locks in behind left foot
- 7 Left foot steps forward
- & Right foot locks in behind left foot
- 8 Left foot steps forward

#### STEP, PIVOT ¾, PRESS-ROCK-CROSS, LEFT KICK-BALL-CROSS, PRESS-ROCK-CROSS

- 1 Right foot steps forward
- 2 Pivot ¾ turn to left ending with weight on left foot
- 3 Rock onto ball of right foot (press) to right side
- & Rock (recover) onto left foot
- 4 Right foot crosses in front of left foot taking weight
- 5 Left foot kicks forward low to floor
- & Left foot steps on ball of foot next to right foot
- 6 Right foot crosses in front of left foot taking weight
- 7 Rock onto ball of left foot (press) to left side
- & Rock (recover) onto right foot
- 8 Left foot crosses in front of right foot taking weight

#### KICK-BALL-CROSS, CHASSE RIGHT, CROSS, UNWIND 1/2, BUMP, HOME

- 1 Right foot kicks forward low to floor
- & Right foot steps on ball of foot next to left foot
- 2 Left foot crosses in front of right foot taking weight
- 3 Right foot steps to right side
- & Left foot slides in next to right foot taking weight
- 4 Right foot steps to right side
- 5 Left foot crosses behind right foot (weight still on right foot)
- 6 Unwind ½ turn to left ending with weight on left foot
- Right foot touches to right side as right hip bumps up and to the right Right foot touches home, knees bend slightly as hip returns to center

### BUMP, STEP, BRUSH-SCOOT-STEP, COASTER STEP, WALK LEFT, RIGHT

- 1 Right foot touches to right side as right hip bumps up and to the right
- 2 Right foot steps next to left foot
- 3 Left foot brushes forward low to floor
- & Left knee hitches up as you scoot back on right foot
- 4 Left foot steps back

5	Right foot steps back
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& Left foot steps next to right foot6 Right foot steps forward

7 Left foot steps forward8 Right foot steps forward

## **REPEAT**