Work Or Steal?

拍數: 64

級數: Intermediate

編舞者: Barbara R. K. Wallace (CAN)

音樂: Too Lazy to Work, Too Nervous to Steal - BR5-49

TWO RIGHT KICK BALL CHANGES, VINE RIGHT, LEFT KNEE ROLL

- Right kick forward, step right ball of foot next to left, left step in place 1&2
- 3&4 Right kick forward, step right ball of foot next to left, left step in place
- 5-7 Step side right, left foot behind, step side right
- 88 Touch left toe beside right foot and roll left knee counter to the right

TWO LEFT KICK BALL CHANGES, VINE LEFT, RIGHT KNEE ROLL ¼ RIGHT

- 9&10 Left kick forward, step left ball of foot next to right, right step in place
- 11&12 Left kick forward, step left ball of foot next to right, right step in place
- 13-15 Step side left, right foot behind, step side left
- &16 Touch right toe beside left foot and roll right knee to the right as you make a 1/4 turn right

LINDY RIGHT AND LINDY LEFT

- 17&18 Side shuffle right, left, right
- Rock back on the left foot recover on the right 19-20
- 21&22 Side shuffle left, right, left
- 23-24 Rock back on the right foot recover on the left

RIGHT, LEFT, RIGHT HEEL SWITCHES, HOLD & CLAP, DOUBLE BUMP RIGHT AND LEFT

- 25& Touch right heel forward, step right together
- 26& Touch left heel forward, step left together
- 27-28 Touch right heel forward, hold and clap
- 29-30 Bump the right hip forward twice
- 31-32 Bump the left hip back twice

SKATE RIGHT, LEFT, RIGHT, LEFT WITH A ¼ TURN LEFT, RIGHT JAZZ BOX

- 33-36 On the balls of your feet, swivel to the right, left, right and left making a 1/4 turn left
- 37-40 Cross the right over the left, step back on the left, step side right and step together with the left

SHUFFLE/CHASSE BOX

- 41&42 Shuffle forward, right, left, right and turn 1/2 to the left on the right foot
- 43&44 Side shuffle to the left - left, right, left
- 45&46 Shuffle forward, right, left, right and turn 1/2 to the left on the right foot
- 47&48 Side shuffle to the left - left, right, left

You have now formed a box and made a full turn to the left

TWO RIGHT CHUGS, RIGHT SHUFFLE FORWARD, PIVOT 1/2 RIGHT

49-52 Rock forward on the right, recover on the left and repeat

Keep most of your weight on the left foot - action is like pressing down on the gas pedal and releasing as you put your right hip into it

- 53&54 Shuffle forward, right, left, right
- 55 Step forward on the left
- 56 Pivot ¹/₂ turn to the right

TWO LEFT CHUGS, LEFT SHUFFLE FORWARD, ¼ TURN TO THE LEFT

57-60 Rock forward on the left, recover on the right and repeat





牆數: 4

Keep most of your weight on the right foot - action is like pressing down on the gas pedal and releasing as you put your left hip into it

- 61&62 Shuffle forward, left, right, left
- 63 Step forward on the right
- 64 Make a ¼ turn to the left keeping your weight on the left

REPEAT

This dance was choreographed in August, 2001 for the Blazing Boots First Annual Fall Workshop Dinner and Dance held October 13, 2001 and is dedicated to all of my line dance students. You all make my job a joy!