

You Bet

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Pauline Mason (UK) & Alex Jay (UK)
音樂: I Can Love You Better - The Chicks



RIGHT FOOT SWIVEL, RIGHT HEEL, LEFT HEEL, STEP TOGETHER

- 1&2 Swivel right toe out, in, out, moving away from left ending in a lunge position with weight over right foot with right heel lifted
- 3 Turn head to right side
- 4 Turn head back to center and draw right foot to left ending with feet together, weight on left foot
- 5&6 Place right heel forward, step right next to left, place left heel forward
- &7 Step left to right, take big step forward with right slightly
- 8 Drag left foot along floor to join right with body roll forward

SIDE TOUCHES, KICK BALL CHANGE, WALKS & HIP CIRCLES

- 1&2& Touch right foot to right side, step right next to left, touch left foot to left side, step left foot next to right
- 3&4 Kick right foot forward, step on to ball of right, step on to left foot on the spot
- To add style, kick right across body to left diagonal front, step right behind body on ball of foot & turn head to look behind body, step left foot in place turning head back round to front**
- 5-6 Walk forward right, step left forward placing ball of foot on the floor turning upper body to right diagonal (2:00)
- 7-8 Circle hips in washing machine action towards front leg hip up, back to back leg, hip down, transferring weight on to left

POINT TURN, KICK & TOUCH RIGHT & LEFT

- 1-2 Point right foot forward, point right foot back (Charleston action)
- 3-4 Leaving right leg behind body, turn body ½ turn right touch right next to left
- To advance instead of pointing leg, kick right forward kick right back, hitch knee on ½ turn, touch right next to left**
- 5&6 Kick right leg forward, step on right to right side, touch left toe behind right heel
- 7&8 Kick left leg forward, step on left to left side, touch right toe behind

OUT, OUT, KNEE TWISTS, JUMP TOGETHER, PADDLE

- 1-2 Step right to right side, step left to left side, ending with feet wide apart, knees slightly bent
- &3 Swivel heels outwards, knees in, jump toes out, knees in, out with a deeper bend
- 4 Jump feet together
- 5& Touch right to right side, hitch right knee
- 6& Touch right to right side turning ¼ turn left, hitch
- 7&&& Right knee x3

REPEAT