

Just Be Patient!

拍數: 0 牆數: 4 級數: Improver
編舞者: Anita McNab (CAN)
音樂: Work In Progress - Alan Jackson



Sequence: AAAA, B, AAAAA, BB, A TO END (sequence only in Work In Progress)

PART "B"= After doing dance 4 times, you're on Front wall - do steps 25-32 once.

PART "BB"= After doing dance 5 more times, you're on 3:00:00 wall - do steps 25-32 twice. Ending up on the 9:00:00 wall (or 1 wall left of the start wall)

Choreographed for our 1st annual Workshop - The North "Rocks" for Charity - 2002 The Canadian Cancer Society in Sudbury, ON

PART A

SHUFFLE FORWARD ON RIGHT, STEP ON LEFT, SCUFF RIGHT (TWICE)

1&2 Right shuffle forward (forward right, left together, forward right)
3-4 Step forward on left, scuff right beside left
5&6 Right shuffle forward (forward right, left together, forward right)
7-8 Step forward on left, scuff right beside left

GRAPEVINE RIGHT, GRAPEVINE LEFT WITH ¼ TURN LEFT

9-12 Vine: step side right, left behind, side right, scuff left beside right
13-16 Vine: step side left, right behind, side left, turning ¼ left, touch right beside left

More advanced option - rolling grapevines with touches 9 to 16

HIP BUMPS RIGHT & LEFT, TOUCH TOE RIGHT SIDE, TOUCH TOE LEFT SIDE

17-20 Bump hips twice to right, then twice to left
21-22 Touch right toe out to right side, step right home
23-24 Touch left toe out to left side, step left home

More advanced option - do steps 21 to 24 double time as shown below

21&22& Touch right toe out to right side, step right home, touch left toe out to left side, step left home
23&24& Touch right toe out to right side, step right home, touch left toe out to left side, step left home

WALK FORWARD RIGHT, LEFT, SWEEP RIGHT TOE ¼ TURN TO LEFT

25-26 Step forward on right, step forward on left
27 Point right toe to side and sweep on floor ¼ turn to left
28 Step right beside left (weight on right)

WALK BACK LEFT, RIGHT, LEFT COASTER STEP

29-30 Step back on left, step back on right
31&32 Coaster: step back on left, step right together, step forward on left

REPEAT
