

# Just Do It

拍數: 48                      牆數: 4                      級數: Intermediate  
編舞者: Chris Hodgson (UK)  
音樂: Texas Saturday Night - The Woolpackers



## HEEL/TOE -TWICE / RIGHT TOE STRUT BACK / LEFT HEEL LIFTS

- 1-2                      Touch right heel diagonally forward, touch right toe next to left instep right knee turning out and in
- 3-4                      Repeat counts 1-2 right knee turning out and in
- 5-6                      Touch right toe back, drop right heel to floor
- 7-8                      Leaving feet where they are lift left heel off floor twice

## HEEL/TOE -TWICE / LEFT TOE STRUT BACK / RIGHT HEEL LIFTS

- 1-2                      Touch left heel diagonally forward, touch left toe next to right instep left knee turning out and in
- 3-4                      Repeat counts 1-2 left knee turning out and in
- 5-6                      Touch left toe back, drop left heel to floor
- 7-8                      Leaving feet where they are lift right heel off floor twice

## 2 SWIVELS (HEELS IN AND CENTER) / RIGHT VINE

- 1-2                      Right foot is still in front of left foot weight on toes, swivel both heels inwards and back to center
- 3-4                      Repeat counts 1-2
- 5-8                      Right foot steps to right, cross left behind, right steps to right, touch left foot next to right

## TWO ½ TURNS RIGHT / LEFT VINE

- 1-2                      Step left foot forward, pivot ½ turn right
- 3-4                      Step left foot forward, pivot ½ turn right
- 5-8                      Left foot steps to left, cross right behind, left foot steps to left, touch right foot next to left

## ½ TURN LEFT / HEEL AND TOE / 2 SCOOTs FORWARD / STEP DOWN RIGHT AND LEFT

- 1-2                      Step right foot forward, pivot ½ turn left
- 3-4                      Touch right heel forward, touch right toe back
- 5-6                      Scoot forward on left foot twice
- 7-8                      Step down in place on right foot then left foot (feet slightly apart)

## KNEE POPS / STEP BACK / ROCK FORWARD / STEP FORWARD / ¼ TURN LEFT

- &1&2                      With knees bent lift up both heels and return to floor twice
- &3&4                      Repeat counts &1&2
- 5-6                      Step right foot back, rock weight forward onto left foot
- 7-8                      Step forward on right foot, pivot on balls of both feet ¼ left ending with weight on left foot

**REPEAT**

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