

Just Do It

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Gemma McAlinden
音樂: The Devil Made Me Do It - Donna Fisk & Michael Cristian



CHASSE RIGHT AND LEFT WITH ROCK STEPS

1-2 Chasse to right
3-4 Rock back on left, then forward onto right
5-6 Chasse to left
7-8 Rock back on right, then forward onto left

FORWARD KICK, FULL TURN, CHASSE RIGHT ROCK STEP

9-10 Kick right foot forward, cross right over left
11-12 Unwind for two counts over left shoulder
13-14 Chasse to the right
15-16 Rock back onto left, then forward onto right

TRAVELING DWIGHT STEPS, BACK SHUFFLE ROCK STEP BACK

17-18 Left toe to left side, place left heel to left side
19-20 Left toe to left side, place left heel to left side
21-22 Shuffle back left
23-24 Rock back onto right then forward onto left

FORWARD STEP SWEEP AND CROSS CHASSE ROCK STEP

25-26 Step forward right sweep left foot forward
27-28 Sweep left foot across right, click fingers
29-30 Chasse left
31-32 Rock back onto right then forward onto left

TRAVELING DWIGHT STEPS RIGHT, BACK SHUFFLE BACK ROCK

33-34 Place right toe to right side, place left heel to right side
35-36 Place right toe to right side, place left heel to right side
37-38 Shuffle back left
39-40 Rock back onto right then forward onto left

SWEEPS SHUFFLE HALF TURN

41-42 Step forward left sweep right foot forward
43-44 Sweep right foot across left click fingers up
45-46 Shuffle forward right
47-48 Step forward left, pivot half turn right

SHUFFLE FULL TURN BOX STEP QUARTER TURN

49-50 Shuffle forward left
51-52 Half turn left step back on right, half turn left step forward left
53-54 Cross right foot over left, step back onto left
55-56 Step right foot into quarter turn right, step left foot to left side

HEEL SLAPS MONTEREY TURN

57-58 Flick right heel up to right side and slap with right hand, place right heel forward
59-60 Flick right heel up across to left side and slap with left hand place right heel forward
61-62 Place right toe to right side, half turn over right shoulder, place right foot to right side

63-64

Point left toe to left side and together

REPEAT
