

Just Do It!!

拍數: 56 牆數: 4 級數:
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音樂: Bury the Shovel - Clay Walker



HEEL JACK, STEP, TOUCH

&1-2 Step back onto left foot, present right heel forward, hold for one beat.

When presenting right heel lean back for styling.

&3-4 Step onto right foot in home position, touch left toe next to right foot, hold for one beat.

HEEL JACK, STEP, TOUCH

&5-6 Repeat &1-2

&7-8 Repeat &5-6

STEP/SQUAT, STRAIGHTEN

9&10 Step onto left foot to left side bending knees and squatting slightly, straighten body, bend knees and squat slightly.

&11 Repeat &10.

&12 Repeat &11.

HIP AND SHOULDER BUMPS

Feet are still apart

13-14 Bump hips and shoulders to right, bump hips and shoulders to left.

15&16 Bump hips and shoulders right, left, right.

HIP AND SHOULDER BUMPS

Feet are still apart

17-18 Bump hips and shoulders to left, bump hips and shoulders to right.

19&20 Bump hips and shoulders left, right, left.

TURNING HEEL TAPS AND SWIVELS

Feet are still apart, bend at knees and squat slightly. A total of ¼ turn to right will be made with these steps.

&21&22 Lift heels off floor, tap heels on floor, pivoting slightly to left lift heels off floor, tap heels on floor.

&23&24 Pivoting slightly to left lift heels off floor, tap heels on floor, pivoting slightly to left lift heels off floor, tap heels on floor.

SYNCOPATED ROCK/STEPS

&25 Transfer weight to left foot and lift right knee, cross right over left and rock forward onto right foot.

&26 Step back (replace weight) onto left foot, rock forward (replace weight) onto right foot.

&27 Lift left knee, cross left over right and rock forward onto left foot.

&28 Step back (replace weight) onto right foot, rock forward (replace weight) onto left foot.

ROGER RABBIT STEPS

&29 Skip back on left foot extending right leg back, cross right behind left in a lock step bending knee.

&30 Skip back on right foot extending left leg back, cross left behind right in a lock step bending knee.

&31 Skip back on left foot extending right leg back, cross right behind left in a lock step bending knee.

&32 Rock forward (replace weight) onto left foot, step back (replace weight) onto right foot.

- &33 Skip back on right foot extending left leg back, cross left behind right in a lock step bending knee.
- &34 Skip back on left foot extending right leg back, cross right behind left in a lock step bending knee.
- &35 Skip back on right foot extending left leg back, cross left behind right in a lock step bending knee.
- &36 Rock forward (replace weight) onto right foot, step back (replace weight) onto left foot.

EASIER VARIATION FOR ROGER RABBIT STEPS

- 29-30 Cross right behind left and step, cross left behind right and step.
- 31&32 Cross right behind left and step, rock forward (replace weight) onto left foot, step back (replace weight) onto right foot.
- 33-34 Cross left behind right and step, cross right behind left and step.
- 35&36 Cross left behind right and step, rock forward (replace weight) onto right foot, step back (replace weight) onto left foot.

HIP ROLLS

- 37-38 Step forward onto right foot, pivoting on the soles of both feet and with a hip roll to the left make a ¼ turn to left transferring weight to left foot.
- 39-40 Step forward onto right foot, pivoting on the soles of both feet and with a hip roll to the left make a 1/8 turn to left transferring weight to left foot.
- 41-42 Step forward onto right foot, pivoting on the soles of both feet and with a hip roll to the left make a 1/8 turn to left transferring weight to left foot.
- &43&44 Roll hips to the left (right, left, right, left) ending with weight on left foot.

KICK, TOGETHER, FAN

- 45& Kick right foot forward, bend knee and swing right foot back.
- 46& Step onto right foot next to left and immediately pivoting on both heels fan toes up and out, fan toes together and to floor transferring weight to right foot.
- 47& Kick left foot forward, bend knee and swing left foot back.
- 48& Step onto left foot next to right and immediately pivoting on both heels fan toes up and out, fan toes together and to floor transferring weight to left foot.

KICK, TOGETHER, FAN

- 49& Repeat 45&.
- 50& Repeat 46&.
- 51& Repeat 47&.
- 52& Repeat 48&.

STAMP, STAMP, TURN HEAD, SHRUG SHOULDERS

- 53-54 Stamp forward onto right foot, stamp left foot opposite right (shoulder width apart).
- 55&56 Turn head to right, shrug shoulders, rest shoulders.

REPEAT
