

Just Done It

拍數: 96 牆數: 4 級數: Intermediate
編舞者: Sue Gupwell (UK)
音樂: Unknown



STEP FORWARD RIGHT, SLIDE LEFT, STEP FORWARD RIGHT, TAP LEFT

- 1 Step forward on to right foot
- 2 Slide left foot to right
- 3 Step forward on to right foot
- 4 Tap left foot to right

STEP BACK LEFT, TAP RIGHT, DOUBLE CLAP, STEP BACK RIGHT, TAP LEFT, CLAP

- 5 Step back on to left foot
- 6 Tap right next to left, clap hands twice
- 7 Step back onto right foot
- 8 Tap left next to right, clap hands

STEP FORWARD LEFT, SLIDE RIGHT, STEP FORWARD LEFT, TAP RIGHT

- 9 Step forward on to left foot
- 10 Slide right foot to left
- 11 Step forward on to left foot
- 12 Tap right foot to left

STEP BACK RIGHT, TAP LEFT, DOUBLE CLAP, STEP BACK LEFT, TAP RIGHT, CLAP

- 13 Step back on to right foot
- 14 Tap left next to right, clap hands twice
- 15 Step back onto left foot
- 16 Tap right next to left, clap hands

RIGHT HEEL, LEFT HEEL

- 17 Tap right heel in front
- 18 Step back to place
- 19 Tap left heel in front
- 20 Step back to place

RIGHT HEEL, RIGHT TOE, ½ TURN, HOOK

- 21 Tap right heel in front
- 22 Touch right toe behind
- 23 Pivot ½ turn to right on ball of left foot
- 24 Hook right foot to left knee

STEP FORWARD RIGHT, SLIDE LEFT, STEP FORWARD RIGHT, TAP LEFT

- 25 Step forward on to right foot
- 26 Slide left foot to right
- 27 Step forward on to right foot
- 28 Tap left foot to right

STEP BACK LEFT, TAP RIGHT, DOUBLE CLAP, STEP BACK RIGHT, TAP LEFT, CLAP

- 29 Step back on to left foot
- 30 Tap right next to left, clap hands twice
- 31 Step back onto right foot

32 Tap left next to right, clap hands

KICK BALL CHANGE LEFT X 3, CROSS, ½ TURN

33&34 Kick ball change left, moving left
35&36 Kick ball change left, moving left
37&38 Kick ball change left, moving left
39 Cross left over right
40 ½ turn right, transferring weight to left foot

KICK BALL CHANGE RIGHT X 3, CROSS, ½ TURN

41&42 Kick ball change right, moving right
43&44 Kick ball change right, moving right
45&46 Kick ball change right, moving right
47 Cross right over left
48 ½ turn left, keeping weight on left foot

FORWARD RIGHT, SHIMMY SHOULDERS

49 Step forward onto right foot, leaning forward slightly
50-52 Shimmy shoulders

LEAN BACK LEFT, ROLL SHOULDERS, JUMP & CLAP

53-55 Transfer weight to left foot rolling shoulders back left, right, left
56 Small jump bringing feet together, clapping hands

VINE WITH SYNCOPATION/POINT, STEP CROSS

57 Step right foot to right
58&59 Cross left behind right, step right foot to right, quickly cross left over right
60 Point right toe to right side
61 Cross right over left
62 Point left toe to left side
63 Cross left over right
64 Point right toe to right side

RIGHT HEEL TAPS, ROCK LEFT, SHUFFLE BACK LEFT, RIGHT, LEFT

65-68 Tap right heel to floor at right side 4 times, transferring weight to right foot on last tap
69 Step left foot forward and rock onto it
70 Rock back onto right foot
71&72 Shuffle back left, right, left

ROCK RIGHT, SHUFFLE FORWARD RIGHT, LEFT, RIGHT

73 Step right foot back and rock onto it
74 Rock forward onto left foot
75&76 Shuffle forward right, left, right

VINE WITH SYNCOPATION/POINT, STEP CROSS

77 Step left foot to left
78&79 Cross right behind left, step left foot to left, quickly cross right over left
80 Point left toe to left side
81 Cross left over right
82 Point right toe to right side
83 Cross right over left
84 Point left toe to left side

LEFT HEEL TAPS, ROCK RIGHT, SHUFFLE BACK RIGHT, LEFT, RIGHT

85-88 Tap left heel to floor at left side 4 times, transferring weight to left foot on last tap
89 Step right foot forward and rock onto it
90 Rock back onto left foot
91&92 Shuffle back right, left, right

ROCK LEFT, SHUFFLE FORWARD LEFT, RIGHT, LEFT

93 Step left foot back and rock onto it
94 Rock forward onto right foot
95&96 Shuffle forward left, right, left

REPEAT
