

In It To Win It

拍數: 32 牆數: 2 級數: Intermediate/Advanced
編舞者: Craig Bennett (UK) & Catrina Farnell (UK)
音樂: Push It to the Limit - Corbin Bleu



HITCH POINT, HITCH BALL STEP, TWIST, TOUCH AND TOUCH TURN

1-2 Hitch right knee up, point right toe back
3&4 Hitch right knee up, step right foot in place, step forward onto left
&5-6 Twist both heels to left side, twist them both back in place, point left to left side
&7-8 Step left foot in place, point right to right side, ½ turn right stepping right in place

AND CROSS STEP, AND CROSS STEP, ¼ TURN STEPPING OUT, OUT, HOLD, KNEE POPS

&1-2 Step back onto left, as you cross right over left, step left in place beside right
&3-4 Step back onto right, as you cross left over right, step right in place beside left
&5-6 Make ¼ turn left as you step out left and right, hold
7-8 Bring right knee into left knee, bring left knee into right knee

Restart dance after wall 1 and 5

AND TOUCH, HITCH, TOUCH, TURN AND CROSS, TOUCH AND CROSS, TURN

&1-2 Step left foot next to right, point right foot out to right hand side, hitch right foot up
3-4 Point right foot out to right hand side, bring right foot in while making a ¼ turn right
&5-6 Step left to left hand side while making a ¼ turn right, cross right foot over left foot, touch left foot next to right
&7-8 Step left foot to left side, cross right foot over left, touch left foot to right while making a ¼ turn left

FULL TURN, COASTER STEP AND STEP, HOLD, BUMP, BUMP

1-2 ½ turn left while stepping forward on left, ½ turn left while stepping back on right
3&4 Step back on left foot, step right foot next to left, step forward on left foot
&5-6 Step right foot next to left foot, step forward on left foot, hold
7-8 Bump hips to front, bump hips to the back

REPEAT

RESTART

Restart after counts 16 on walls 1 and 5 this will make the dance face all 4 walls