In-Tu-It

級數: Intermediate

音樂: Intuition - Jewel

WALK FORWARD, ROCK STEPS

- 1-2 Walk forward (right, left)
- 3&4 Rock forward right, recover left, step back right
- 5&6 Rock back left, recover right, step forward left
- 7-8 Step forward right, ¹/₂ pivot turn to the left

1/4 TURN KICKS, QUICK ROCK STEPS, STYLIZED "BEND AND SNAP"

- 1 Step forward on the right foot
- 2-3 Kick the left foot forward, 1/4 turn left while kicking left foot forward
- 4& Step back with left foot, bring right foot together with left
- 5&6& Rock back and forth with left foot forward
- 7-8 Bend down and snap back up with left knee slightly raised

COASTER STEP, ¼ TURN TWIST, CROSS AND POINTS

- 1&2 Coaster step back with the right foot
- 3-4 Bend knees and twist ¼ turn left
- 5-6 Cross left foot in front of right, point right foot out to the right
- 7-8 Cross right foot in front of left, point left foot out to the left

COASTER STEP, ¼ TURN HEEL SWIVELS, BODY ROLL

- 1 Kick with left foot
- 2&3 Coaster step back with left foot
- 4 Step forward with right foot
- 5-6 Turn ¼ left while swiveling heels to the right, swivel heels left
- 7-8 Body roll

STEP LEFT TWICE, ½ TURN RIGHT, ANGLED COASTER STEP

- 1-4 Step left with left foot, bring right foot to left foot, repeat
- 5-6 Walking ¹/₂ turn right with right foot leading
- 7&8 Coaster step back with right foot while being angled to the right

STEP TO RIGHT, ½ TURN, QUICK SIDE STEP, DOUBLE BOUNCE

- 1-2 Cross right foot behind left, step right foot to the right
- 3-4 Stationary ¹/₂ turn left, bring feet together
- 5&6 Step right foot right, bring left foot behind, point right foot right
- 7-8 With weight on right foot bounce twice

REPEAT





牆數:4