

I'm Not So Tough

拍數: 0 牆數: 0 級數:
編舞者: Ton van Dieren (NL)
音樂: I'm Not So Tough - Ilse DeLange



Sequence: AABCD-ABBDE-ADEE, then AD to the end. For other music, change Section B: the &-count in a count, forget the holds on Section B and make from the turn on count 9 in a &-count. Forget the 1st and 22nd count. Dance only Sections ABBD.

SECTION A

- 1 Touch right foot forward
- 2 Touch right foot to the right side
- 3 Step right foot 1/8 right turn across back
- & Rock back on left foot
- 4 Step right foot 1/8 right turn to the right side
- 5 Touch left foot forward
- 6 Touch left foot left side
- 7 Step left foot 1/8 left turn across back
- & Rock back on right foot
- 8 Step left foot 1/8 left turn left to the left side

SECTION B

- 1 Hold
- 2 Hold
- 3 Touch right side with right foot

Ilse begins to sing

- 4 Touch right foot next left foot
- 5 Move your hips to the right
- 6 Move your hips to the left
- 7 Cross left foot back 1/8 turn left
- & Step a little right with right foot
- 8 Cross left foot over right foot 1/8 turn right
- & Rock back on right foot

- 9 Turn on right ball 1/2 left and lift left foot a little off the ground (you are now looking to the back wall)
- 10 Step forward with left foot
- & Instep with right (right toes pointed a little to right)
- 11 Step forward with left foot
- 12 Hold
- & Step right foot to right side
- 13 Touch right side with right foot
- 14 Step left side with left foot
- 15 Touch right foot next left foot
- 16 Hold

SECTION C

- 1-8 Repeat 1-8 from section B
- 9 Turn on right ball 1/2 left and lift left foot a little
- 10 Large step forward with left foot
- 11-12 Slide on right foot next left foot

- 13 Hold
- 14 Step left foot forward
- & Instep with right foot (right toes a little to the right)
- 15 Step left foot forward
- 16 Hold

SECTION D

- 1 Step right foot forward
- 2 Instep with left foot next right foot
- 3 Step right foot forward
- 4 Hitch with left foot
- 5 Step left foot left side
- 6 Step right foot next left foot
- 7 Step left foot left side
- 8 Hold

- 9 Step right foot after left foot
- 10 Cross left foot over right foot
- 11 Step right foot after left foot
- 12 Kick with right foot
- 13 Cross left foot over right foot
- 14 Cross right foot behind left foot
- 15 Cross left foot over right foot
- 16 Hold

- 17 Touch with right ball ¼ turn right to the right side
- 18 Step right heel down
- 19 Touch forward with left ball
- 20 Step left heel down
- 21 Step forward with right foot
- 22 Rock back on left foot
- 23 Step back with right foot
- 24 Rock forward with left foot

- 25 Step right foot right side
- 26 Cross left foot behind right foot
- 27 Step right foot right side
- & Scuff left foot next right foot
- 28 Step left foot next right foot

SECTION E (CHORUS)

- 1 Stomp right foot right forward (clap right hand on right leg)
- 2 Stomp left foot left forward (clap left hand on left leg)
- 3 Clap hands
- 4 Clap hands
- 5-8 Step right foot to the right side and hold 3 counts (make with right a phone call movement)

- 9 Cross left foot for right foot (point right finger forward)
- 10 Hold
- 11 Step right foot ¼ right turn to the right side (point right finger to the right wall)
- 12 Hold
- 13-16 Roll your hips two times up and down, while you make a ¼ turn left

- 17 Step left foot a little left side
- 18 Cross right foot for left foot
- 19 Touch left foot left side
- 20 Cross left foot for right foot
- 21 Step forward with right foot
- 22 Roll hips up
- 23 Roll hips down
- 24 Hold

- 25 Touch left toes forward and tap with both heels down
- 26 Tap with both heels down
- 27 Turn on both toes $\frac{1}{2}$ turn right and tap with both heels down
- 28 Tap with both heels down
- 29 Large step forward with left foot
- 30-32 Slide right foot next left foot
- 33-35 Hold
- 36 Touch right foot right side

- 37 Hop on right foot and kick left foot left side
- 38 Step left foot left side
- 39-40 Slide left foot next right foot

Wait 4 counts before you start with section a again. Wait 6 counts on the instrumental break and when she sings the chorus for 3rd time you start again after the 32nd count for the 4th chorus

REPEAT
