

If The Going Gets Tough

拍數: 74 牆數: 4 級數: Improver
編舞者: Lorraine Burrell (UK) & Iris Felton
音樂: When the Going Gets Tough - Boyzone



GRAPEVINE, SCUFF, HEEL SWITCHES, CLAP

Optional hand movement: punching action in front of chin on heel digs

- 1-4 Right foot to side, left foot behind right foot, right foot to side, scuff left foot forward
5-6&7-8 Dig left heel forward twice, close left foot to right foot and dig right heel forward twice
&9&10&11-12 Close right foot to left foot and dig left heel forward, close left foot to right and dig right heel forward, close right foot to left and dig left heel forward, hold position & clap
13-24 Repeat all above moving to your left

SHUFFLES, STOMPS, SAILOR STEP

- 25&26 Right foot forward, close left foot to right foot, right foot forward
27&28 Left foot forward, close right foot to left, left foot forward
29-31&32 Stomp right foot beside left foot, stomp left foot in place, right foot back, left foot out to left side, rock onto right foot in place
33-40 Repeat this section starting shuffles on left foot

PADDLE ROUND ½ TURN LEFT

- 41-48 Right foot slightly forward, rock back to left foot turning 1/8 to left, repeat this movement another 3 times to have made ½ turn to left

TOE STRUTS WITH FINGER CLICKS

- 49-56 Point right toe forward, lower right heel to floor, point left toe forward, lower left heel to floor, repeat another 3 times (with this movement bring opposite arm forward at waist height and click fingers as heel lowers)

OUT OUT IN IN ¼ PIVOT TO LEFT STOMP STOMP

- &57 Right foot out to right side, left foot out to left side
&58 Right foot in towards left foot, left foot closes to right
59-60 Right foot forward, pivot ¼ to left with weight ending on left foot.
61-62 Stomp right foot in place, stomp left foot in place.

AEROBIC SIDE SHUFFLES ROCKS ½ PIVOT FLICK BALL CHANGE

- 63&64 Right foot diagonally forward, slide left foot to right foot, right foot forward & touch left foot to right foot clap
65&66 Left foot diagonally forward, slide right foot to left foot, left foot forward & touch right foot to left foot clap

67-70 Rock forward on right foot, rock back onto left foot, rock back on right foot, rock forward onto left foot
71-73&74 Right foot forward, pivot ½ turn to left (end weight on left foot), kick right foot forward, put right toe next to left foot, stomp left foot in place.

REPEAT