

If U Think You're 'ard Enough!

拍數: 56 牆數: 2 級數: Improver
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音樂: Do You Wanna Make Something of It - Jo Dee Messina



RIGHT CHASSE, ROCK, LEFT CHASSE, ROCK

1&2 Step right to right side, close left beside right, step right to right side
3-4 Cross rock left behind right, rock back onto right
5&6 Step left to left side, close right beside left, step left to left side
7-8 Cross rock right behind left, rock back onto left

RIGHT KICK BALL CHANGE, SIDE TOUCH, LEFT KICK BALL CHANGE, SIDE TOUCH

9&10 Kick right forward, step right beside left, step left in place
11-12 Slide right to right side taking weight, touch left next to right
13&14 Kick left forward, step left beside right, step right in place
15-16 Slide left to left side taking weight, touch right next to left

SKATE FORWARD X 4, ROCK, COASTER STEP

17-18 Skate right foot forward to right diagonal, skate left foot forward to left diagonal
19-20 Skate right foot forward to right diagonal, skate left foot forward to left diagonal
21-22 Rock forward onto right foot, rock back onto left foot
23&24 Step back onto right, step left beside right, step forward right

SYNCOPATED JUMPS FORWARD AND BACK, CLAP, ½ TURN LEFT, STOMP, HOLD

&25-26 Jump forward left and right, clap
&27-28 Jump back left and right, clap
29-30 Step forward on right foot, on ball of left pivot half turn left
31-32 Stomp right foot forward and hold

BUMPS, SHUFFLE FORWARD, ROCK

33-34 Bump hips forward and back right, left
35-36 Bump hips forward and back right, left
37&38 Step forward right, close left beside right, step forward right
39-40 Rock forward on left, rock back onto right

SHUFFLE BACK, ROCK, TOE STRUTS

41&42 Step back left, close right beside left, step back left
43-44 Rock back onto right, rock forward onto left
45-46 Step right toe forward, drop right heel taking weight
47-48 Step left toe forward, drop left heel taking weight

TOE STRUTS, JAZZ BOX

49-50 Step right toe forward, drop right heel taking weight
51-52 Step left toe forward, drop left heel taking weight
53-54 Cross step right over left, step back on left
55-56 Step right to right side, stomp left next to right

REPEAT