

Here It Is

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lori Myers (USA)
音樂: Unknown



KICK-BALL-CHANGE, WALK, KICK-BALL-CHANGE, ½ TURN LEFT

- 1 Kick right foot forward
- & Step on ball of right foot next to left foot (lifting left foot slightly off the floor)
- 2 Step on left foot (placing weight onto left foot)
- 3 Walk forward on right foot
- 4 Walk forward on left foot
- 5 Kick right foot forward
- & Step on ball of right foot next to left foot (lifting left foot slightly off the floor)
- 6 Step on left foot (placing weight onto left foot)
- 7 Step forward onto ball of right foot
- 8 Pivot ½ turn to left placing weight onto left foot

SHUFFLES FORWARD, SIDE SHUFFLES WITH ROCK STEPS

- 9&10 Shuffle forward right, left, right
- 11&12 Shuffle forward left, right, left
- 13&14 Shuffle to right side-right, left, right
- 15 Rock back onto left foot
- 16 Rock forward onto right foot
- 17&18 Shuffle to left side-left, right, left
- 19 Rock back onto right foot
- 20 Rock forward onto left foot

PIVOT ¼ TURN LEFT, ½ TURN LEFT, JAZZ BOX, HIP BUMPS

- 21 Step forward onto ball of right foot
- 22 Pivot ¼ turn to left placing weight onto left foot
- 23 Step forward onto ball of right foot
- 24 Pivot ½ turn to left placing weight onto left foot
- 25 Cross right foot over left foot
- 26 Step back onto left foot
- 27 Step right foot to right side
- 28 Step left foot next to right (placing weight onto left)
- 29 Bump hips to right
- 30 Bump hips to left
- 31 Bump hips to right
- 32 Bump hips to left

REPEAT
