

Here We Go...

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Brett Jenkins (AUS) & Cathryn Proudfoot (AUS)
音樂: HeartBreak School - James Bonamy



TURN, WALK, WALK, WALK, HOLD, BALL-STEP, STEP FORWARD, ¼ PIVOT RIGHT, CROSS

&1-2-3-4 Turn ½ back over right shoulder, walk forward right, left, right, hold
&5-6-7-8 Step left together with right, step right forward, step left forward, pivot ¼ right transferring weight to right, step left across in front of right

STEP BACK, STEP TO SIDE, RIGHT KNEE POPS WITH FINGER CLICKS, & RIGHT HEEL JACK & LEFT HEEL JACK

1-2&3&4 Step right back diagonally, step left to side (taking weight), raise right heel off the floor popping right knee towards left leg, drop right heel to floor clicking fingers of right hand at hip level, repeat knee pop (ending with weight on left)
&5&6&7&8 Step back on right diagonally, touch left heel forward diagonally, step left back together with right, step right together with left, step back on left diagonally, touch right heel forward diagonally, step right back together with left, step left forward, touch right heel forward to 45, step right together with left, touch left heel forward diagonally, step left together with right

Easy option in place of heel jacks: right diagonal, left diagonal

STEP, ½ PIVOT, STEP, TOGETHER, ROLLING VINE RIGHT, TOUCH LEFT TOGETHER, DOUBLE CLAP

1-2-3-4 Step right forward, pivot ½ left transferring weight forward to left, step right forward, step left together with right (taking weight)
5-6-7&8 Turn ¼ right and step right forward, turn ¼ right and step left to side, turn ½ right and step right to side, touch left besides right clapping hands together on the & 8 counts

ROLLING VINE LEFT WITH 1 & ¼ TURN LEFT, STEP RIGHT FORWARD, HOLD, BALL-STEP, SCUFF-SCOOT-STEP

1-2-3-4 Turn ¼ left and step left forward, turn ½ left and step right back, turn ½ left and step left forward, step right forward
5&6-7&8 Hold for 1 beat, step left together with right, step right forward, scuff left forward, scoot forward on right, step left forward

ROCK FORWARD, BACK, RIGHT COASTER STEP, ROCK FORWARD, BACK, ½ TURN SHUFFLE FORWARD

1-2-3&4 Rock right forward, replace weight back to left, right coaster step: step right back, step left back together with right, step right forward
5-6-7&8 Step left forward, replace weight back on right, turn ½ back over left shoulder and shuffle forward left: stepping left forward, step right together with left, step left forward

OUT, OUT, HEEL BOPS, STEP, TOUCH, STEP, TOUCH

&1&2&3&4 Step right to side, step left to side (flicking hands to side with each step) ensuring weight is even on both feet raise both heels off the floor at the same time, lower both heels to floor at the same time - repeat 2 more times finishing with weight on left
5-8 Step right to side, touch left besides right, step left to side, touch right besides left

REPEAT

RESTART

Restart dance on walls 3, 5 and 6 (chorus, instrumental, chorus) after count 32

FINISH

You'll be dancing the ½ turn shuffle forward left at beats 7&8 (39&40). This will bring you back to the front

