

# Here We Go!

拍數: 28      牆數: 4      級數: Improver  
編舞者: Nancy Morgan (USA)  
音樂: Here We Go - \*NSYNC



## FORWARD ROCK, COASTER STEP, FORWARD ROCK COASTER STEP

- 1-2      Step right foot forward shifting weight to right then back to left  
3&4      Step back on right, step back on left, step forward on right  
5-6      Step left forward shifting weight to left then back to right  
7&8      Step back on left, step back on right, step forward on left

## KICK AND KICK AND KNEE ROLL WITH QUARTER TURN, KICK AND KICK AND KNEE ROLL WITH QUARTER TURN

- 1&2&      Put right heel forward, quickly put right next to left and left heel forward, quickly put left next to right  
3-4      Roll your right knee from inside of left leg to outside of right as you do a quarter turn to your right (bend knees slightly and roll on ball of foot setting weight down on heel, it helps!)  
5&6&      Put right heel forward, quickly put right next to left and left heel forward, quickly put left next to right  
7-8      Roll your right knee from inside of left leg to outside of right as you do a quarter turn to your right (bend knees slightly and roll on ball of foot setting weight down on heel, it helps!)

## KICK AND KICK AND TOE IN AND TOE IN, KICK AND KICK AND TOE TOUCH, AND TOE TOUCH

- 1&2&      Put right heel forward, quickly put right next to left and left heel forward, quickly put left next to right  
3&4&      Put your right toe in towards your left in-step quickly put your right foot next to your left and put your left toe in towards your right in-step, quickly put your left foot next to your right  
5&6&      Put right heel forward, quickly put right next to left and left heel forward, quickly put left next to right  
7&8      Put your right toe out to right side, quickly put your right foot next to your left and put your left toe to your left side

## TOUCH FOR THREE COUNTS WITH QUARTER TURN TO RIGHT, THEN STOMP

- 1-4      Touch left toe three times as you move  $\frac{1}{4}$  turn to your right, stomp left next to right

**REPEAT**

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