

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
