

Hangin On

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Robbie McGowan Hickie (UK)
音樂: You Keep Me Hangin' On - Reba McEntire



STEP, CROSS, CHASSE RIGHT, ROCK, ROCK, TRIPLE ½ TURN

1-2 Step right foot to right side, cross left foot behind right
3&4 Step right foot to right side, step left foot together, step right foot to right side
5-6 Rock forward on to left foot, rock back on right foot
7-8 Triple step in place making ½ turn left stepping, left, right, left

STEP, CROSS, CHASSE RIGHT, ROCK, ROCK, TRIPLE ½ TURN

1-8 Repeat steps above, counts 1-8

STEP, STEP, MAMBO, COASTER STEP, STEP, PIVOT ½ TURN

1-2 Step forward on right foot, step forward on left foot
3&4 Rock forward on right foot, rock back on left foot, step right foot together
5&6 Step back on left foot, step back right foot next to left, step forward on left foot
7-8 Step forward on right foot, pivot ½ turn left

RIGHT SHUFFLE, FULL TURN FORWARD, STEP, PIVOT ½ TURN, STEP, STOMP UP

1&2 Right shuffle forward stepping, right, left, right
3-4 Step forward on left foot making ½ turn right, step back on right foot making ½ turn right
5-6 Step forward on left foot, pivot ½ turn right
7-8 Step forward on left foot, stomp up right foot next to left

To avoid the full turn forward on counts 3-4, step forward on left foot, step forward on right foot

OUT, OUT, TOUCH, KICK-BALL-CROSS, SIDE STEP, TOUCH AND CLAP TWICE

&1 Jump out right foot to right side and slightly back, jump out left foot to left side and slightly back
2 Touch right foot next to left
3&4 Kick right foot forward, step ball of right foot next to left, cross left foot over right
5-6 Step right foot to right side, touch left foot next to right and clap
7-8 Step left foot to left side, touch right foot next to left and clap

MONTEREY TURN WITH HITCH, SHUFFLE ¼ TURN, STEP WITH ½ TURN, HEEL HOOK

1-2 Touch right toe out to right side, on ball of left pivot ½ turn right and step right foot beside left
3-4 Touch left toe out to left side, hitch left knee across right leg
5&6 Step left foot ¼ turn left, step right foot beside left, step forward on left foot
7-8 Step right foot forward into ½ turn left, hook left heel across right knee

LEFT SHUFFLE, RIGHT SHUFFLE, ROCK, ROCK, TRIPLE ½ TURN

1&2 Left shuffle forward stepping, left, right, left
3&4 Right shuffle forward stepping, right, left, right
5-6 Rock forward on left foot, rock back on right foot
7&8 Triple step in place making ½ turn left stepping, left, right, left

TOE, HEEL, COASTER STEP TWICE

1-2 Touch right toe in to left instep, touch right heel in to left instep
3&4 Step back on right foot, step back left foot next to right, step forward on right foot
5-6 Touch left toe in right instep, touch left heel in to right instep
7&8 Step back on left foot, step back right foot next to left, step forward on left foot

REPEAT
