

Hang On!

拍數: 32 牆數: 4 級數: Beginner
編舞者: Darren Bailey (UK), Raymond Sarlemijn (NL) & Roy Verdonk (NL)
音樂: You Keep Me Hangin' On - Reba McEntire



TOE AND HEEL TOUCHES, ¼ TURN LEFT KICK TOUCH BACK

- 1&2 Touch right heel forward, & step right foot next to left foot, touch left heel forward
&3&4& Step left foot next to right foot, touch right foot to right side & step right foot next to left foot, touch left foot to left side
5-6 Touch left foot next to right foot (bending both knees), make a ¼ left, ending with weight on right foot (with both knees straight)
7&8 Kick right foot forward, & step right foot next to left foot, touch left toe back

¼ TURN LEFT HALF APPLEJACK, SHUFFLE LEFT, ½ LEFT STEP TOUCH TWICE

- 1-2 Make a ¼ left on heel on left foot and ball of right foot, place weight back onto right foot
3&4 Step left foot to left side, & step right foot next to left foot, step left foot to left side
5-6 Make a ½ turn left stepping right foot to right side, touch left foot behind right foot
7-8 Step left foot to left side, touch right foot behind left foot

SHUFFLES ON DIAGONALS TWICE, ½ TURN RIGHT, SHUFFLES ON DIAGONALS TWICE

- 1&2 Step right foot forward diagonally right, step left foot next to right foot, step right foot forward diagonally right
3&4 Step left foot forward diagonally left, step right foot next to left foot, step forward diagonally left
5&6 Make a ½ turn right stepping right foot forward diagonally right, step left foot next to right foot, step right foot forward diagonally right
7&8 Step left foot forward diagonally left, step right foot next to left foot, step forward diagonally left

KICK BALL CHANGE TWICE, ¼ TURN LEFT, ½ LEFT PIVOT, COASTER STEP

- 1&2 Kick right foot across left, step right foot next to left, place weight on left
3&4 Kick right foot across left, step right foot next to left, place weight on left
5-6 Making a ¼ left step forward on right foot, pivot ½ turn left (ending with weight on right foot)
7&8 Step back on left foot, step right foot next to left foot, step forward on left foot

REPEAT
