

# Going Through The Motions

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Debbie Hogg (UK)  
音樂: I Know She Still Loves Me - Sean Kenny



## STEP TURN TWICE, STEP, HOLD, STEPS BACK WITH ½ TURN, TURN

Start facing left diagonal front, in 3rd, right foot in front with heel raised, head turned to right diagonal front.  
Turn & travel towards right diagonal front

- 1            Step right foot making ½ turn right
- &            Step left foot making ½ turn right (you have now completed full turn)
- 2&          Repeat steps 1& (you have now completed 2x full turns)

**Easier option: traveling diagonally forward: step right foot forward, close, step right foot forward, close**

- 3-4          Step right foot forward, hold
- 5&          Make ¼turn left on ball of right foot step left foot to left side, step right foot beside left
- 6            Make ¼turn left on ball of right foot step left foot forward

**You should now be facing left diagonal back**

- 7-8          Sweep right toe around turning left on ball of left foot to finish facing home wall feet together (5/8th turn left!), step left foot in place

## STEP ACROSS, KICK, CROSS, SIDE, BEHIND, SAILOR SHUFFLES TWICE

- 1-2          Cross step right foot over left, kick left foot to left diagonal front
- 3&4          Cross step left foot over right, step right foot to right side (slightly back), step left foot behind right
- 5&6          Sweep right toe around into right sailor shuffle
- 7&8          Left sailor shuffle (optional full turn left: cross left foot behind right, unwind)

## WEAVE LEFT, ROCK, WEAVE RIGHT, ROCK

- 1&          Cross step right foot over left, step left foot to left side
- 2&          Cross step right foot behind left, step left foot to left side
- 3-4          Cross rock right foot over left, rock back onto left foot
- &            Step right foot beside left
- 5&          Cross step left foot over right, step right foot to right side
- 6&          Cross step left foot behind right, step right foot to right side
- 7-8          Cross rock left foot over right, rock back onto right

## ½ PIVOT TURN, LOCK STEPS, CROSS, STEP, LONG STEP, SLIDE

- &            Step left foot beside right
- 1-2          Step right foot forward, ½ pivot turn to left
- 3-4          Step right foot forward, lock left foot behind right
- 5&6          Step right foot forward, cross step left foot over right, step right foot back
- 7-8          Long step back on left foot, slide right foot beside left

**REPEAT**

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