

Gone & Done It

拍數: 56 牆數: 2 級數: Improver
編舞者: Pauline Morgan (UK)
音樂: Love Gets Me Every Time - Shania Twain



SIDE, HOLD, BEHIND, SIDE, TOUCH

1-2 Right foot step to right side, hold
&3-4 Cross left behind right, step right to the side, touch left beside right
5-6 Left foot step to left side, hold
&7-8 Cross right behind left, step left to the side, touch right beside left

SWITCHES, CLAP, SHUFFLE, STOMPS

9& Touch right heel forward, replace beside left
10& Touch left heel forward, replace beside right
11-12 Touch right heel forward, hold and clap
13&14 Right shuffle forward (right-left-right)
15-16 Stomp left, stomp right

SWITCHES, CLAP, SHUFFLE, STOMPS

17-24 Repeat 9-16 starting with left

HIP BUMPS, HEEL TOUCH, CLAP

25-26 Step right foot to the side as you bump right hip twice
27 Touch left heel diagonally forward
28 Hold and clap

HIP BUMPS, HEEL TOUCH, CLAP

29-32 Repeat 25-28 starting with left foot and hip bumps

ROLL RIGHT AND LEFT

33-36 Roll to right on right-left-right, touch left
37-40 Roll to left on left-right-left, touch right

KICKS, STEP TURN BACKWARDS

41-42 Kick right foot forward twice
43-44 Touch right toe back, pivot ½ turn right
45-46 Kick left foot forward twice, touch left
47-48 Touch left toe back, pivot ½ turn left

SHUFFLE, STEP TURN, SHUFFLE, STOMPS

49&50 Right shuffle forward right-left-right
51-52 Step forward on left, pivot ½ turn right
53&54 Left shuffle forward, left-right-left
55-56 Stomp right, Stomp left

REPEAT