

Gone & Done It

拍數: 40 牆數: 4 級數: Intermediate/Advanced
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音樂: Go Away - Lorrie Morgan



SIDE TOUCHES, KICK, KICK, SIDE TOUCHES

1& Touch right toe to right side, step right next to left
2& Touch left toe to left side, step left next to right
3 Kick right foot forward
4 Kick right foot forward
&5 Step right next to left, touch left toe to left side
&6 Step left next to right, touch right toe to right side
& Step on right next to left

KICK-BALL-STOMP

7 Kick left foot forward
& Step on ball of left next to right
8 Stomp right foot forward (weight ending on right)

HIP BUMPS

9 Bump right hip forward
10 Bump right hip forward
11 Bump left hip back
12 Bump left hip back (transferring weight onto the left foot)

BODY ROLL GOING BACK (OPTION- BALL CHANGES GOING BACK)

& Bring right foot back to instep of left (staying on ball of foot)
13 Step back on ball of left foot
14 Roll down onto heels (transferring weight onto left foot)
& Bring right foot back to instep of left (staying on ball of foot)
15 Step back on ball of left foot
16 Roll down onto heels (transferring weight onto left foot)

OUT, OUT, IN, CROSS, UNWIND, STOMP, HEEL TAPS, SIDE TOUCH, ¼ TURN

&17 Right step small step to right, left step small step to left
&18 Right step back in, left cross over in front of right
19 Unwind ½ turn to right
20 Stomp right foot forward (no weight)
21 Tap right heel forward
22 Tap right heel forward
23 Touch right toe to right side
24 Hook right in front of left making a ¼ turn right

LUNGE, HOLD, CROSS-SIDE-CROSS, TOE TOUCHES, HEEL, TOE TOUCH

25 Step right to right side (like a lunge)
26 Hold
27 Cross left behind right
& Step right to right side
28 Cross left in front of right
29 Touch right toe to right side
30 Touch right toe next to left

- &31 Step back on right, touch left heel forward
&32 Step left next to right, touch right toe next to left

HIP BUMPS FORWARD, FULL TURN IN PLACE, HIP CIRCLE

- 33&34 Step forward on right foot bumping hips right, left, right
35&36 Step forward on left foot bumping hips left, right, left
37 Cross right over left (touching ball of right foot on outside of left)
38 Unwind a full turn to left
39-40 Hip circle right to left

REPEAT
