

Get The Point!

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Michele Perron (CAN)
音樂: Rip Off the Knob - The Bellamy Brothers



STEP, PIVOT TURN, RIGHT COASTER STEP, STEP-TOUCH, TOE TAPS

- 1-2& Step right foot forward; step left foot forward; pivot ½ turn right
3&4& Step back onto ball of right foot; step back onto ball of left beside right; step right foot forward; step left foot forward
5-6 Touch right toe to right side; hold
7-8 Tap right toe to right of left foot; tap right toe beside left foot.

CROSS-STEPS WITH TOUCHES, SAILOR SHUFFLES

- 9-10 Cross-step right foot over left; touch left toe to left side
11-12 Cross-step left foot over right; touch right toes to right side
13&14 Cross-step right behind left; step left beside right; step right beside left
15&16 Cross-step left behind right; step right beside left; step left beside right.

SAILOR SHUFFLE, SIDE TOUCH, ¼ PIVOT TURN, TOUCH-BALL-CHANGE

- 17-18 Cross-step right behind left; step left foot slightly left; step right foot slightly right
&19-20 Step left beside right; touch right toe to right side; hold
21-22& Step right foot forward; step left foot forward; pivot ¼ turn to the right
23&24 Touch right toe in front of left foot; step right foot to right side; cross- step left foot over right.

BRUSH, CROSS, BRUSH BACK & FORWARD; SCOOT, PLACE, SHIFT, STEP; KICK & PLACE; SHIFT, STEP, KICK & PLACE

- 25&26 Bring right foot from behind left and brush forward; sweep and lift bent right knee in front of left; cross-step right over left
&27 Brush left toe diagonally back left; brush left toe forward
&28 Scoot forward on right while hitching left knee; place left foot forward (slightly more weight than touch)
29&30 Hold position and move shoulders forward shifting weight forward onto left; step slightly forward on right; kick left foot forward and place left foot forward (right toe is at 45 degree angle)
31&32 Hold position and move shoulders forward shifting weight forward onto left; step slightly forward on right; kick left foot forward and place left foot forward (right toe is at 45 degree angle).

ROCK-STEP, PIVOT TURN, STEP-SLIDE-UNWIND, STEP-POINT, STEP-POINT

- 33-34 Rock-step left foot back; rock forward onto right
35&36 Step left foot forward; pivot ½ turn right; step left foot forward
37&38 Slide right foot to outside of left foot; unwind ½ turn right; step left slightly forward
39&40 Point right toe forward; step right beside left; point left toe forward

KICK-BALL-STEP, SCOOT WITH HITCHES, CROSS-STEP, UNWIND FULL TURN

- 41&42 Kick left foot across right leg; step on ball of left beside right heel; step right forward at 45 degree angle
43-44 Scoot forward on right at 45 degree angle, hitching left knee; scoot forward on right at 45 degree angle again, hitching left knee (arm action: arms are bent at elbow, hands is relaxed fist; "bounce" forearms up and down with knee action)
45-46 Keeping forearms forward, cross step left toes over right near right heel; unwind 1/3 turn right on the balls of both feet, bending knees and gradually dropping arms

47-48 Unwind another 1/3 turn right on balls of both feet; unwind final 1/3 turn ending with weight on left and right crossed over left (arms have dropped below waist and legs are straight).

STEPS WITH SCUFFS, HIP BUMPS

49-50 Step right foot forward; scuff left heel forward and clap hands

51-52 Step left foot back; scuff right heel forward and clap hands

53&54 Step right foot forward pushing hips forward right; return hips to center and hands to waist; push hips forward right

55&56 Push hips back left; return hips to center; push hips back left (weight is on left).

REPEAT
