

Get Tough

拍數: 48 牆數: 1 級數: Intermediate
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音樂: When the Going Gets Tough - Boyzone



BODY TWIST SHUFFLES -MOVING SLIGHTLY FORWARD

1& Cross right over, left, cross left behind right
2 Step right forward
3&4 Repeat to right side
5&6 Repeat again to left side
7&8 Repeat again to right side

POINT, CROSS STEPS, AND HOLD

9-10 Point right to side, cross right over left
&11-12 Step right to right side, cross left over right, hold
&13-14 Step left to left side, cross right over left, hold
&15-16 Step right to right side, cross left over right, hold

POINT, UNWIND BODY TWIST SHUFFLES FORWARD

17 Point, cross steps, and hold
18 Cross left behind right
19 Unwind half turn to left
20 Hold
21& Cross right over left, close left behind right
22 Step right forward
23&24 Repeat to right side

TOE AND HEEL SWITCHES, SIDE TOUCHES WITH HOLDS

25 Right heel forward, step right beside left
26 Touch left toe back
&27& Bring left to right, right heel forward, bring right beside left
28 Touch left toe back
29-30 Point left to left side, hold
&31-32 Bring left to right, point right to right side, hold

KICKS AND COASTER STEPS

33-34 Kick right foot forward twice
35&36 Step back right, step left beside right, step forward right
37-38 Kick left foot forward, twice
39&40 Step back left, step right beside left, step back left

HALF PADDLE TURN TO LEFT OVER EIGHT BEATS

41-42 Touch right toe forward, pivot one eighth turn left
43-48 Repeat steps 41-42 a further three times, completing a half turn left

REPEAT