# **Getting Warmed Up**



編舞者: Anita Ludlow (UK)

音樂: Long Sermon - Brad Paisley



#### **GRAPEVINE WITH SCUFF TO RIGHT & LEFT**

Step right to right side, step left behind right, step right to right side, scuff left next to right

Step left to left side, step right behind left, step left to left side, scuff right next to left

## STEP SCUFF, STEP SCUFF, 1/4 TURN RIGHT & STROLL FORWARD WITH BRUSH

1-4 Step right to right side, scuff left next to right, step left to left side, scuff right next to left

5-8- Quarter turn right stepping forward on right, lock left behind right, step forward on right, brush

left next to right

## STROLL FORWARD ON LEFT, SLOW ½ PIVOT TURN

Step forward on left, lock right behind left, step forward on left, brush right next to left
 Step forward on right, hold for one count. Turn ½ to left by swiveling on ball of right and

stepping onto left, hold for one count

## STROLL FORWARD ON RIGHT, SLOW ½ PIVOT TURN

Step forward on right, lock left behind right, step forward on right, brush left next to right
 Step forward on left, hold for one count. Turn ½ to right by swiveling on ball of left and stepping onto right, step left next to right

### **REPEAT**