

拍數: 56                      牆數: 4                      級數: Intermediate  
編舞者: Nancy Morgan (USA)  
音樂: Sittin' On Go - Bryan White



**MOVE RIGHT HEEL TO RIGHT, THEN TOE AROUND AND UP, THEN TOE BACK AROUND AND HEEL BACK TO LEFT, STOMP RIGHT, CLAP THEN LEFT, CLAP**

- 1                      Move right heel to right so that the right side of your foot faces forward
- 2                      Pivot back of heel with toe in air till your toe points to right side
- 3                      Move toe back till the right side of your foot faces forward
- 4                      Move heel back to left foot
- 5                      Stomp right foot forward
- 6                      Clap
- 7                      Stomp left foot forward
- 8                      Clap

**SLOW COASTER STEP, STOMP LEFT NEXT TO RIGHT, MOVE LEFT HEEL TO LEFT, THEN TOE AROUND AND UP, THEN TOE BACK AROUND AND HEEL BACK TO RIGHT**

- 1-3                      Step back on right, step back left, step forward right
- 4                      Stomp left next to right
- 5                      Move left heel to left so that the left side of your foot faces forward
- 6                      Pivot back of heel with toe in air till your toe points to left side
- 7                      Move toe back till the left side of your foot faces forward
- 8                      Move heel back to right foot

**STOMP RIGHT, CLAP, THEN LEFT, CLAP, SLOW COASTER STEP, STOMP LEFT FORWARD**

- 1                      Stomp right foot forward
- 2                      Clap
- 3                      Stomp left foot forward
- 4                      Clap
- 5-7                      Step back on right, step back left, step forward right
- 8                      Stomp left forward

**SHUFFLE FORWARD RIGHT, STOMP LEFT FORWARD AND CLAP, SHUFFLE BACK LEFT, STOMP RIGHT, CLAP**

- 1&2-4                      Shuffle right forward (right, left, right), stomp left forward, clap
- 5&6-8                      Shuffle left back (left, right, left) stomp right back, clap

**SIDE SHUFFLE RIGHT, ROCK STEP, SIDE SHUFFLE LEFT, ROCK STEP**

- 1&2-4                      Side shuffle right, (right, left, right), rock step (step back on left and forward on right)
- 5&6-8                      Side shuffle left (left, right, left), rock step (step back on right and forward on left)

**VINE RIGHT, TOUCH, STEP, SLIDE STEP, WITH BRUSH**

- 1-4                      Step forward on right, left behind right, right to right side, touch left to right
- 5-8                      Step left to left side as you ¼ turn to left, slide right to left, step forward on left, brush right foot forward and cross over left

**JAZZ BOX SQUARE, GRIND RIGHT HEEL ½ TURN TO RIGHT, DROP TOE, STOMP LEFT, RIGHT**

- 1-4                      Set right foot next to left, step back on left, step right to right side, stomp left next to right
- 5-8                      Grind heel around ½ turn (your legs will cross), drop toe on count 6, stomp left then right

**REPEAT**

