

Go On And On

拍數: 64 牆數: 0 級數: Phrased Intermediate
編舞者: Kathy Kazmarek - July 2000
音樂: My Heart Will Go On (Tony Moran Mix) - Céline Dion



Sequence: AAA BB AAA BB AA BB AA

PART A ("KOOL")

- 1&2&3-4 Kick right foot forward-kick left foot forward, kick right foot forward twice
- &5&6&7-8 Kick left foot forward-kick right foot forward, kick left foot forward twice
- &9-10 Quickly step onto ball of left foot, walk forward-(right-left)
- 11&12 Step forward on right foot, step together With left, step back on right foot (coaster step)
- 13-14 Walk back-(left-right)
- 15&16 Step back on left foot, step together With right, step forward on left foot (coaster step)
- 17-18 Step to right on right foot, step behind with left foot
- 19&20 Shuffle in place (right-left-right)
- 21-22 Step to left on left foot, step behind with right foot
- 23&24 Shuffle in place (left-right-left)
- 25-26 Grind right heel forward, step onto left foot
- 27&28 Shuffle in place (right-left-right)
- 29-30 Grind left heel forward, step onto right foot
- 31&32 Shuffle in place (left-right-left)

PART B ("REALLY KOOL")

- 1 Step forward on right foot at 45 degree angle to right
- 2-3&4 Swivel left (heel, toe, heel & toe) towards right foot (weight remains on right foot)
- 5 Step forward on left foot at 45 degree angle to left
- 6-7&8 Swivel right (heel, toe, heel & toe) towards left foot (weight remains on left foot)
- 9&10&11&12 Scoot back-(right-left-right-left)
- 13-14 Step onto right foot, across front of left, step back on left foot
- 15-16 Step to right on right foot, step together with left foot
- 17-18 Step to right on right foot, step behind with left foot
- &19 Quickly step onto ball of right foot, step onto left foot in front of right foot
- 20 Step onto right foot next to left
- 21-22 Step to left on left foot, step behind with right foot
- &23 Quickly step onto ball of left foot, step onto right foot in front of left foot
- 24 Step onto left foot next to right
- 25-26 Rock forward onto right foot, step in place on left foot
- 27&28 Shuffle - (right-left-right), making ½ turn to the right
- 29-30 Rock forward onto left foot, step in place on right foot
- 31&32 Shuffle - (left-right-left), making ½ turn to the left

At the very end of sequence, stomp right foot & fade out to end of music-or be creative & "do your own thing"- such as a body-roll etc.