Go On And On



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")

TAKTA (ROOL)		
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.