

Get A Life!!

拍數: 40 牆數: 4 級數: Beginner
編舞者: Mare Dodd (USA)
音樂: Gonna Get a Life - Mark Chesnutt



HEEL DIGS & "DWIGHT STEPS" MOVING TO THE RIGHT:

- 1-2 Dig right heel forward, step right foot beside left foot
- 3-4 Dig left heel forward, step left foot beside right foot
- 5 Moving to right: "Dwight step": dig right heel forward at 45 angle right
- 6 Moving to right: touch right toe beside left instep as you turn heel to the right
- 7 Moving to right: dig right heel forward at 45 angle right as you turn left heel to the left
- 8 Stomp right foot beside left foot

HEEL DIGS & "DWIGHT STEPS" MOVING TO THE LEFT:

- 1-2 Dig left heel forward, step left foot beside right foot
- 3-4 Dig right heel forward, step right foot beside left foot
- 5 Moving to left: "Dwight step": dig left heel forward at 45 angle left
- 6 Moving to left: touch left toe beside right instep as you turn right heel to the left
- 7 Moving to left: dig left heel forward at 45 angle left as you turn right heel to the right
- 8 Stomp left beside right foot

"SLAPPIN' LEATHER":

- 1-2 Dig right heel forward twice
- 3-4 Tap right toe back twice
- 5-6 Touch right toe forward, touch right toe to right side
- 7-8 Touch right toe back, touch right toe to right side

"STILL SLAPPIN' LEATHER", GRAPEVINE RIGHT WITH STOMP LEFT:

- 1 Cross right foot behind left leg & slap right heel with left hand
- 2 Kick/"flick" right heel out to right side & slap with right hand
- 3 Cross right foot in front of left leg & slap right heel with left hand
- 4 Kick/"flick" right heel out to right side & slap right heel with right hand as you turn ¼ left
- 5-6 Step right foot to right side, step left foot behind right foot
- 7-8 Step right foot to right side, stomp left beside right foot

SCISSORS, GRAPEVINE LEFT WITH STOMP, SCISSORS:

- 1-2 Scissors: fan heels out & back in
- 3-4 Step left foot to left side, step right foot behind left foot
- 5-6 Step left foot to left side, stomp right foot beside left foot
- 7-8 Scissors: fan heel out & back in

REPEAT