

Forget Your Troubles

拍數: 32 牆數: 2 級數: Improver
編舞者: Ruthie B (UK)
音樂: Get Happy - Zoe Birkett



RIGHT LOCK, LEFT LOCK FORWARD, STEP CLAP, TURN CLAPS

1&2 Step forward on right, close left beside right, step forward right
3&4 Step forward on left, close right beside left, step forward left
5&6& Step forward on right, clap, step forward on left making ½ turn left, clap
7&8& Step forward on right, clap, step forward on left, making ½ turn left, clap

SLOW VAUDEVILLES, SWAYS LEFT & RIGHT

1& Step right to right side, cross left over right,
2& Step right to right side, kick left to left diagonally forward
3& Step left to left side, cross right over left
4& Step left to left side, kick right diagonally right forward
5-8 Sway right, left, right, left, (arms should be bent at elbows hands out stretched for attitude)

EXTENDED WEAVE RIGHT & LEFT

1&2& Step right to right side, step left behind right, step right to right side, step left over right
3&4& Step right to right side, hold, rock back on left, replace to right
5&6& Step left to left side, step right behind left, step left to left side, step right over left
7&8& Step left to left side, hold, rock back on right, replace to left

TOE STRUTS, KICK CROSS, UNWIND ½ TURN HEEL BOUNCES, CLAP

1&2& Step on right toe, to right side, place heel down, step on left toe across right, place heel down
3&4& Step on right toe, to right side, place heel down, step on left toe, across right, place heel down

Optional arm movements for above 8 counts for styling- when you toe strut right click fingers arms out to right, when you toe strut left over right click arms out to the left

5-6 Kick right out to right diagonal, cross right over left
7&8& Making ½ turn left, unwind bounce heels 3 times, clap on & count

REPEAT

Dedicated to all my Rebels to thank them for all the support and friendship they have shown me and who dance to Forget all Their Troubles.