

Enjoy It

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Gary Lafferty (UK)
音樂: Bright Side of the Road - Van Morrison



RUN RUN RUN (RIGHT), RUN RUN RUN (LEFT)

1-4 Run forward right, left, right, hold
5-8 Run forward left, right, left, hold

TOE-STRUTS BACK (WITH OPTIONAL FINGER CLICKS)

1-2 Touch right foot back, lower right heel to floor (swing arms out to right side & click fingers)
3-4 Touch left foot back, lower left heel to floor (swing arms out to left side & click fingers)
5-6 Touch right foot back, lower right heel to floor (swing arms out to right side & click fingers)
7-8 Touch left foot back, lower left heel to floor (swing arms out to left side & click fingers)

SIDE-ROCK, RECOVER, CROSS, HOLD (TWICE)

1-4 Rock to right on right foot, recover weight onto left foot, cross-step right foot over left, hold
5-8 Rock to left on left foot, recover weight onto right foot, cross-step left foot over right, hold

GRAPEVINE TO RIGHT WITH ¼ TURN & BRUSH ; STEP FORWARD, ¾ TURN, STEP SIDE, HOLD

1-2 Step to right on right foot, cross-step left foot behind right
3-4 Turn ¼ right stepping forward onto right foot, brush left foot forward
5-8 Step forward on left foot, pivot ¾ turn to right, step to left on left foot, hold (facing home 12:00 wall)

SEMI-CIRCULAR WEAVE

1 Cross-step right behind left starting to make ¼ turn right (facing 1:30 diagonal right)
2 Step to left on left foot almost completing the ¼ turn right (facing 2:00 diagonal right)
3 Cross-step right over left, completing the ¼ turn right (facing 3:00, right side wall)
4 Step to left on left foot
5 Cross-step right behind left starting to make ¼ turn right (facing 4:30 diagonal right)
6 Step to left on left foot almost completing the ¼ turn right (facing 5:00 diagonal right)
7 Cross-step right over left, completing the ¼ turn right (facing 6:00, back wall)
8 Step to left on left foot

This section should turn you around ½ turn right to face the back 6:00 wall in a smooth semi-circular motion

ROCK BEHIND & SIDE, HOLD ; CROSS, TURN, TURN, HOLD

1-4 Rock right foot behind left, recover weight onto left foot, step to right on right foot, hold
5-6 Cross-step left foot over right, turn ¼ left stepping back onto right foot
7-8 Turn ¼ left stepping to left on left foot, hold

CROSS-SHUFFLE, HITCH ; CROSS-SHUFFLE, HITCH

1-4 Cross-step right foot over left, step to left on left foot, cross-step right foot over left, hitch left knee
5-8 Cross-step left foot over right, step to right on right foot, cross-step left foot over right, hitch right knee

CROSS, POINT, CROSS, POINT ; CROSS, UNWIND

1-2 Cross-step right foot over left, point left foot out to left side
3-4 Cross-step left foot over right, point right foot out to right side
5 Cross-touch right foot over left
6-8 Unwind ¾ turn over left shoulder (weight remains on left foot)

REPEAT
