

Ex-Squeeze Me?

拍數: 48 牆數: 2 級數: Improver contra dance
編舞者: John Robinson (USA) & Kathy Hunyadi (USA)
音樂: Squeeze Me In - Garth Brooks & Trisha Yearwood



Dance starts with vocals. Practice first in straight lines then face your partner and let the fun begin!

TOE-HEEL CROSS CLAP TWICE

- 1-2 Touch right toe in towards left foot, touch right heel out with toes towards 1:00
- 3-4 Cross step right foot over left, clap hands
- 5-6 Touch left toe in towards right foot, touch left heel out with toes towards 11:00
- 7-8 Cross step left foot over right, clap hands

TOE-HEEL STRUTS BACK, OUT OUT, IN IN

- 1-2 Step back on ball of right foot, drop right heel
- 3-4 Step back on ball of left foot, drop left heel
- 5-6 Step right foot out to side, step left foot out to side
- 7-8 Step right foot back to center, step left foot beside right

TOE-HEEL JAZZ BOX TURNING ½ RIGHT

- 1-2 Step ball of right over left, drop right heel
- 3-4 Step back on ball of left, drop left heel (start turning to right ¼)
- 5-6 Turn ¼ more to right stepping forward on ball of right, drop right heel
- 7-8 Step on ball of left beside right, drop left heel

JAZZ BOX TURNING ½ RIGHT, STOMP KICK TWICE

- 1-2 Cross right over left, step back on left starting ½ turn
- 3-4 Complete right ½ turn by stepping forward on right, step left beside right
- 5-6 Stomp right foot, kick right foot forward
- 7-8 Stomp right foot, kick right foot forward

STEP SIDE RIGHT, TOGETHER, RIGHT, TOUCH; TURN ¼ RIGHT & STEP SIDE LEFT, TOGETHER, LEFT, TOUCH

- 1-2 Step right to side, step left beside right
- 3-4 Step right to side, touch left beside right
- 5-6 Turn ¼ to right & step left to side, step right beside left
- 7-8 Step left to side, touch right beside left

TURN ¼ RIGHT & STEP SIDE RIGHT, TOGETHER, RIGHT, TOUCH; LONG STEP FORWARD WITH LEFT, TOUCH RIGHT

- 1-2 Turn ¼ right & step right to side, step left beside right
- 3-4 Step right to side, touch left beside right
- 5-6-7 Step forward on left foot passing through the line (you may take the hands of the two people in front of you and pull yourself through)
- 8 Touch right toe beside left

REPEAT