

# Don't Sweat It!

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Levi J. Hubbard (USA)  
音樂: If You're Going Through Hell (Before the Devil Even Knows) - Rodney Atkins



## (RIGHT) SUGAR FOOT, CROSSING SHUFFLE, (LEFT) SUGAR FOOT, CROSSING SHUFFLE

- 1            Touch right toe next to left foot, while swiveling left heel right
- 2            Touch right heel next to left foot, while swiveling left heel left
- 3&4        Cross step right over left foot, slightly step left to side, cross step right over left foot
- 5            Touch left toe next to right foot, while swiveling right heel left
- 6            Touch left heel next to right foot, while swiveling right heel right
- 7&8        Cross step left over right foot, slightly step right to side, cross step left over right foot

Let your body swivel naturally during the sugar foot patterns

## KICK & KICK, COASTER STEP, STEP FORWARD, ½ PIVOT TURN (RIGHT), HEEL & HEEL

- 9&            Kick right slightly forward, cross hook over left foot
- 10            Kick right slightly forward
- 11            Step back on (ball of) right foot
- &12         Step together on (ball of) left foot, step forward on right foot
- 13            Step left forward
- 14            On (balls of) both feet, pivot ½ turn right
- 15            Tap left heel forward
- &16         Step left together, while tapping right heel forward

## & STEP, (LEFT) JAZZ WITH SHUFFLE, (RIGHT) JAZZ WITH SHUFFLE

- &17         Step right together, while cross stepping left foot over right
- 18            Step right backward
- 19&20      Shuffle slightly to left side
- 21            Cross step right over left foot
- 22            Step left backward
- 23&24      Shuffle slightly to right side

## ¼ (LEFT) HEEL GRIND, COASTER STEP, STEP FORWARD, ½ PIVOT TURN (LEFT), WALK FORWARD

- 25            Tap left heel forward
- 26            Grind heel left turning ¼ turn left
- 27            Step back on (ball of) left foot
- &28         Step together on (ball of) right foot, step forward on left foot
- 29            Step right forward
- 30            On (balls of) both feet, pivot ½ turn left
- 31            Step right forward
- 31            Step left forward

REPEAT

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