

Chomping At The Bit

拍數: 48 牆數: 2 級數:
編舞者: Larry Bass (USA)
音樂: If You Just Let Me Into Your Heart - Mary Chapin Carpenter



KICK-BALL-CHANGES, PIVOTS

- 1 Kick right foot forward
- &2 Step on ball of right foot next to left foot, change weight to left foot in place
- 3&4 Repeat steps 1&2
- 5-6 Step forward right, pivot ½ turn left on balls of both feet (weight on left foot)
- 7-8 Repeat step 5-6

RIGHT SIDE SHUFFLE, ROCK STEP, LEFT SIDE SHUFFLE, ROCK STEP

- 9 Step right foot to right side
- &10 Step left foot next to right, step right foot to right side
- 11-12 Rock back on left foot, rock forward on right foot
- 13 Step left foot to left side.
- &14 Step right foot next to left foot, step left foot to left side
- 15-16 Rock- back on right foot, rock forward on left

SYNCOPATED STEP-SLIDES FORWARD

- 17& Step right foot forward & slide ball of left foot up to right foot
- 18& Step right foot forward & slide ball of left foot up to right foot
- 19& Step right foot forward & slide ball of left foot up to right foot
- 20 Step right foot forward (stomp right foot for style)

PIVOT, SHUFFLE STEPS, PIVOT

- 21-22 Step forward left, pivot ½ turn right on balls of both feet (weight on right foot)
- 23&24 Shuffle forward left-right-left
- 25&26 Shuffle forward right-left-right
- 27-28 Step forward left, pivot ½ turn right on balls of both feet (weight on right foot)

SHUFFLE, PIVOT TURN

- 29&30 Shuffle forward left-right-left
- 31 Pivot on ball of left foot and step right foot back (beginning full turn left)
- 32 Pivot on ball of right foot, step left foot forward (completing full turn left)

ROCK STEPS, ¼ TURNS, SHUFFLES

- 33-34 Rock forward on right foot, rock back on left foot making ¼ turn right
- 35&36 Shuffle in place right-left-right
- 37-38 Step forward left, pivot ¼ turn right on balls of both feet (weight to right foot)
- 39&40 Shuffle in place left-right-left

SYNCOPATED HOPS, CLAPS, OUT-OUT, IN-IN, OUT-OUT, IN-IN

- & Step right foot forward
- 41-42 Step left foot forward (stay on balls of feet), clap hands
- & Step right foot back
- 43-44 Step left foot back (stay on balls of feet), clap hands
- &45 Step right foot to right side, step left foot to left side (stay on balls of feet)
- &46 Step right foot in (directly under body), stop left foot next to right
- &47&48 Repeat steps &45&46

REPEAT
