Brought It To Action



拍數: 48 牆數: 4 級數: Intermediate

編舞者: Terese Nilsson (SWE) & Marie Ekelund

音樂: Just Like New - Wynonna



SIDE JUMP, SNAP, SIDE JUMP, SNAP

&1	Take a step to the right with	vour right foot, place	left foot next to right

2 Snap your fingers

&3 Take a step to the right with your right foot, place left foot next to right

4 Snap your fingers

HIP BUMPS WITH SWIVELS, 1/4 TURN TO THE LEFT

1	Turn right hip to the right, swivel heels to the right
2	Turn left hip to the left, swivel heels to the left
3	Turn right hip to the right, swivel heels to the right
&	Turn left hip to the left, swivel heels to the left
4	Turn right hip to the right, make a ¼ turn to the left

¾ TURN

1 Step forward on le

2 Make a ¼ turn to the left, take a step to the side with your right foot 3 Make a ½ turn to the left on your right foot, step left foot next to right

4 Touch right foot next to left

KICKBALL TOUCH, & BUTT & CHEST

1	Kick right foot forward
&	Step right foot next to left

2 Place ball of left foot forward, weight on right leg

&3 Push your hips forward (&), bend your knees (sit down), buttocks back

&4 Push your hips forward (&), straighten your legs, push your chest forward and buttocks back

Keep your feet in the same position during all 4 counts

HEEL JACKS, TOUCH, SNAP

&1	Take a step back on left, cross right over left
&	Take a step back on left

2 Touch right heel diagonally forward to the right (body's facing diagonal)

&3 Take a step back on right, cross left over right

& Take a step back on right

4 Touch left heel diagonally forward to the left (body's facing diagonal)

&5 Take a step back on left, cross right over left

& Take a step back on left

6 Touch right heel diagonally forward to the right (body's facing diagonal)

& Step right foot next to leftTouch left foot next to right

8 Snap your fingers

Body is turned diagonally to the right for 7&8

DIAGONAL LEFT SHUFFLE, 3/8 TURN, RIGHT SHUFFLE, CROSS, 3/4 TURN

1&2 Take a step forward on left, step right next to left, take a step forward on left

Take a step (diagonally) forward on right

4 Make a 3/8 turn to the left

5&6	Take a step forward on right, step left next to right, take a step forward on right
7	Cross left over right
8	Make a ¾ turn to the right, (weight on right leg)
UP AND DOWN	N BUMPS
1	Step left diagonally forward and bump hip up to left side (weight on right)
&	Bump right hip to the right side
2	Bend knees slightly and bump hip down to left side (transfer weight into left)
Your hips will di	aw a > in the air
3 &	Step right diagonally forward and bump hip up to right side (weight on left) Bump left hip to the left side
4	Bend knees slightly and bump hip down to right side (keep weight on left)
	raw a < in the air
MASHED POTA	ATO STEPS
1	Step back on right bringing heels in (3rd position)
&	Spread heels apart
2	Step back on left bringing heels in (3rd position)
&	Spread heels apart
3	Step back on right bringing heels in (3rd position)
&	Spread heels apart
4	Step back on left bringing heels in (3rd position)
THE CROSS	
1	Right toe to right side
&2	Step right next to left, touch left toe to left side
&3	Step left next to right, touch right heel forward
4	Step right next to left, touch left toe back
FORWARD, 1/4	TURN, TOGETHER, CLAP

Take a step forward on left

Make a 1/4 turn to the right

Step left next to right

Clap

REPEAT

1

2

3

4