

Anything Goes

拍數: 48 牆數: 4 級數:
編舞者: Nolene Richardson (AUS)
音樂: Sittin' On Go - Bryan White



HEEL, BACK, STEP ¼ TURN, STEP TOGETHER

1-4 Grind right heel forward, step back on left, step onto right with ¼ turn right, step left together
5-8 Repeat last 4 beats

MONTEREY TURN

9-12 Touch right toe to right side, ½ turn right-right together, touch left to left side, step left together

VINE RIGHT

13-16 Step right to the side, step left behind right, step right to the side, hitch left

STEP, HITCH, ½ TURN, STEP, HITCH ¾ TURN

17-20 Step left to the side with ¼ turn left, hitch right with ¼ turn left, step back right with ¼ turn left, hitch left with ½ turn left

SHUFFLE FORWARD, STEP FORWARD, ROCK BACK

21-24 Shuffle forward left-right-left, step forward right, rock back left

SHUFFLE BACK, STEP BACK, ROCK FORWARD

25-28 Shuffle back right-left-right, step back left, rock forward on right

SIDE SHUFFLE, STEP BACK, ROCK FORWARD

29-32 Shuffle to left side left-right-left, step back right, rock forward left

SIDE SHUFFLE, STEP BACK, ROCK FORWARD

33-36 Shuffle to right side right-left-right, step back left, rock forward right

SIDE, CENTER & SIDE

37&38 Touch left toe to left side, jump left to center & right toe to right

CENTER SIDE & CENTER SIDE

&39&40 Jump right to center & left toe to side, jump left to center & right toe to side

CROSS ½ TURN, STOMP, STOMP

41-44 Cross right over left, ½ turn left, stomp right together, stomp left

OUTBACK, STOMP, OUTBACK, STOMP

45 Bring right foot up behind left knee & slap with left hand
46 Stomp right beside left
47 Bring left foot up behind right knee & slap with right hand
48 Stomp left beside right

REPEAT