

About It

拍數: 44 牆數: 4 級數: Beginner
編舞者: Achim Daß (DE) & Anke Daß (DE)
音樂: About the South - Rodney Atkins



TOE HEEL TAPS, SHUFFLE, ROCK STEP

1-2 Touch right toe right, heel drop down
3-4 Touch left toe across right foot, heel drop down
5&6 Right foot to right, left foot next to right foot, right foot right
7-8 Left foot behind right foot (5 position), weight back on right

TOE HEEL TAPS, SHUFFLE, ROCK STEP

9-16 Repeat 1-8 opposite

ROCK STEP, CROSS SHUFFLE

1-2 Rock right to right side, recover weight onto left
3&4 Step right across left, step left to side, step right across left
5-8 Repeat 1-4 opposite

TRAVELING TOE HEEL SWIVELS, SHUFFLE, ROCK STEP

1 Swiveling left heel to the right, touch right toe next to left foot
2 Swiveling left toe to the right, touch right heel next to left foot
3-4 Repeat 1-2
5&6 Step right foot forward, left foot next to right foot, right foot forward
7-8 Step left in front right foot (3. Position), rock back on right foot

STEP, TURN, SHUFFLE, ROCK STEP, STEP, TURN

1-2 Step back left foot, ¼ turn (9:00)
3&4 Step right foot forward, left foot next to right foot, right foot forward
5-6 Step left in front right foot (3rd position), rock back on right foot
7-8 Step back left foot, ½ turn (3:00)

JUMP, HIP ROLL

&1 Jump forward (feet shoulder width apart)
2-4 Hip roll (weight ends on left)

REPEAT
