

Tough Stuff

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Bill Ray (USA) - March 2008
音樂: The Tough Get Going - Billy Joe Shaver : (CD: Everybody's Brother)



POINT & POINT & POINT, CLAP, ROCK, RECOVER, COASTER BACK

1&2& Point right toe to right, step right beside left, point left toe to left, step left beside right
3-4 Point right toe to right, hold (clap hands)
5-6 Rock forward on right, recover on left
7&8 Step back on right, step left beside right, step forward on right

MAKE ¼ TURN LEFT & FORWARD TRIPLE, ROCK, RECOVER, ¼ TURN RIGHT & RIGHT CHASSE, ¼ PIVOT RIGHT

1&2 Turn ¼ left on right and step forward on left, step right beside left, step forward on left
3-4 Rock forward on right, recover on left
5&6 Turn ¼ right on left and step right on right, step left beside right, step right on right
7-8 Step forward on left, pivot ¼ turn right stepping right on right

CROSSING TRIPLE, ROCK, RECOVER, ROCK, STEP LEFT, CROSSING TRIPLE

1&2 Cross left over right, step right on right, cross left over right
3-4 Rock back on right, recover on left
5-6 Rock back on right, step left on left
7&8 Cross right over left, step left on left, cross right over left

HEEL TAP, POWER THRUST, & HEEL TAP, POWER THRUST, TAP, KICK, ¼ PIVOT LEFT

1-2 Tap left heel forward, hold (thrust right fist up)
&3-4 Step back on left, tap right heel forward, hold (drop right fist down and thrust left fist up)
5-6 Tap right beside left (drop left fist down and strike both closed fists on chest with elbows out to side), kick right forward
7-8 Step forward on right, pivot ¼ turn left stepping left on left

STEP FORWARD, HOLD, ½ PIVOT LEFT, HOLD, ¼ TURN LEFT & RIGHT CHASSE, CROSS, RECOVER

1-2 Step forward on right, hold
3-4 Pivot ½ turn left stepping forward left, hold
5&6 Turn ¼ left and step right on right, step left beside right, step right on right
7-8 Cross left over right, recover on right

MAKE ½ TURN LEFT & FORWARD TRIPLE, ½ PIVOT LEFT, FORWARD TRIPLE, STEP FORWARD, TOUCH

1&2 Turn ½ turn left and step forward on left, step right beside left, step forward on left
3-4 Step forward on right, pivot ½ turn left stepping forward on left
5&6 Step forward on right, step left beside right, step forward on right
7-8 Step forward on left, touch right beside left

REPEAT