Hitting Hard

拍數: 32

級數: Improver

編舞者: Johnny Two-Step (UK) - June 2008

音樂: You Ain't Hurt Nothin' Yet - John Anderson

Right kick Ball Change, step ¼ Turn, Left Kick ball Change, step ¼ Turn

- 1&2 kick Right Forward, Step Right Next to Left, Step Left in Place
- 3,4 Step Forward on Right Make ¹⁄₄ Turn Left (Weight Ending on Right)
- 5&6 Kick Left Forward, step left Next to Right, Step Right in Place
- 7,8 Step forward on Left make ¼ Turn Right (Weight Ending on Right)

Cross-Step, Cross, Rock Replace, Weave, Rock Replace

- 1&2 Cross Left Over Right, step Right to Right Side, cross Left Over Right
- 3,4 Rock Right Out to right Side, Replace weight onto Left
- 5&6 Cross Right behind Left, Step Left to Left Side, Cross Right in front of Left
- 7,8 Rock Left Out to Left Side, Replace weight onto Right

1⁄4 Turn sailor Step, Step 1⁄2 turn, Side rock Cross, Side rock Cross

- 1&2 Cross Left Behind Right, Make ¼ Turn Left stepping Left to left Side, Step Left in Place
- 3,4 Step forward on Right, ½ Turn Left
- 5&6 Rock Right Out to Right Side, Replace Weight onto Left, Cross Right in Front of Left
- 7&8 Rock left Out to Left Side, Replace Weight onto Right, Cross Left in Front of Right

Right Toe, Kick, Crossing Shuffle, Side Rock, Weave

- 1,2 Touch Right Toe to Left Instep, Kick Right Forward
- 3&4 Cross Right Over Left, Step Left to Left Side, Cross Right Over Left
- 5,6 Rock Left Out to Left Side
- 7&8 Cross Left behind Right, Step Right to Right Side, Cross Left in front of Right

Begin Again.....

(Choreographer's note..)

At The End Of The 6th Wall There is an Extra 4 Count's Of Music You Will need To Add In 4 Extra Steps This is Only Danced At the End Of Wall 6

TAG: Step Right to Right Side, Tap Left Toe Forward Step Left to Left Side, Tap Right Toe Forward





牆數:4