

Anything Goes

拍數: 32 牆數: 2 級數: Intermediate
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音樂: Anything Goes - Randy Houser



There is a very short intro. Count 5 6 7 8 from the first heavy beat. You will begin the dance 1 beat before the vocals.

Sec 1: Ronde R, Touch Behind, Reverse 1/2 Turn R, Step 1/2 Turn L, Step Back With Sway, Sway Forward, Sway Back, Step Together, Step Forward.

- 12 Ronde R foot full circle clockwise. Touch R toe behind L heel.
- 3 Reverse 1/2 turn R taking weight on R & facing the back wall.
- 4&5 Step forward on L. Turn 1/4 L stepping R to R side. Turn 1/4 L stepping back on L and swaying the hips back at the same time. (12 o'clock).
- 67 Sway hips forward. Sway hips back.
- 8& Step on the ball of the R next to L. Step forward on L.

Sec 2: Turn 1/4 L With Night Club Step R, Turn 1/4 L, Step, 1/2 Turn L, Step Forward, Step, 1/4 Turn R, Step Forward, Step, 1/2 Turn L, Step Forward With Spiral Turn L.

- 12& Turn 1/4 L stepping long step to R side. Cross rock behind on L. Recover on to R.
- 3 Turn 1/4 L stepping forward on L. (6 o'clock).
- 4&5 Step forward on R. Pivot 1/2 turn L. Step forward on R.
- 6&7 Step forward on L. Pivot 1/4 turn R. Step forward on L.
- 8&1 Step forward on R. Pivot 1/2 turn L. Step forward on R picking up L foot into a spiral full turn L. (9 O'clock).

(Option- You can leave out the full turn).

Sec 3: Rock Forward On L, Recover With Sweep, Sailor Step With Sways, Turn 1/4 L, Cross Step, Side Step, Back Step.

- 23 Rock forward on L. Rock back on to R sweeping L out to L side.
- 4&5 Cross step L behind R. Step R out to R side. Step L to L side swaying hips L.
- 67 Sway hips R. Turn 1/4 L stepping forward on L.
- 8&1 Cross step R over L. Step L to L side and slightly back. Step back on R.

Sec 4: Rock Back, Recover, Step Forward, Full Turn L, Basic Night Club Stepping R, Step L, Knee prep.

- 23 Rock back on to L. Rock forward on to R.
- 4&5 Step forward on to L. Turn 1/2 L stepping back on R. Turn 1/2 L stepping forward on L.
- 67& Long step R to R side. Cross rock L behind R. Recover on to R.
- 8 Long step L to L side.
- & Bring R knee in towards L & turned in & relax L knee to prepare for the Ronde.

Start Again, Enjoy!