

Eat Mo' Grits

拍數: 48 牆數: 2 級數: High Beginner
編舞者: Terry Pournelle (USA) - March 2009
音樂: Eat Mo' Grits - The Coppertones



Thanks to Larry Williams of The Coppertones for the music suggestion.

Music video of the Coppertones singing: <http://www.youtube.com/watch?v=-i9HCyS3GUY>

Eat Mo' Grits is available for purchase on The Coppertones website <http://www.thecoppertones.com/>

Start dancing on lyrics

CHASSE RIGHT, ROCK BACK, RECOVER, STEP ½ TURN, STEP ½ TURN

1&2 Step right to side, step left together, step right to side
3-4 Rock left back, recover right
5-8 Step forward left, turn ½ turn right, step forward left, turn ½ turn right

(Optional easier steps for those who don't like turns)

5-8 Step forward left swaying hips forward, back, step forward left swaying hips forward, back

WEAVE, SIDE ROCK, RECOVER, CROSS, HOLD

1-4 Step left to side, cross right behind left, step left to side, cross right over left
5-8 Rock left to side, recover right, cross left over right, hold

KICK, KICK, SAILOR STEP, KICK, KICK, ¼ TURN SAILOR STEP

1-2 Kick right to front, kick right to side,
3&4 Cross right behind left, step left in place, step right beside left
5-6 Kick left to front, kick left to side
7&8 Turning ¼ turn cross left behind right, step right forward, step left beside right

MAKE 1/8 TURN, 1/8 TURN, (DWIGHT) SWIVEL TOE, HEEL, TOE, HEEL

1-4 Step right forward, turn 1/8 turn left, step right forward turn 1/8 turn left

(Moving to the right, keeping weight on the left)

5-6 Turn right knee in and tap right toe next to left foot while swiveling left heel to the right, turn right knee out and tap right heel forward while swiveling left toe to right
7-8 Turn right knee in and tap right toe next to left foot while swiveling left heel to the right, turn right knee out and tap right heel forward while swiveling left toe to right

(Optional easier steps)

5-6 Keep your left foot stationery tap right toe next to left foot, tap right heel forward
7-8 Keep your left foot stationery tap right toe next to left foot, tap right heel forward

CHASSE RIGHT, ROCK BACK, RECOVER, CHASSE LEFT, ROCK BACK, RECOVER

1&2 Step right to side, step left together, step right to side
3-4 Rock left back, recover right
5&6 Step left to side, step right together, step left to left side
7-8 Rock right back, recover left

CROSSOVER BOOGIE WALKS, STEP OUT, OUT, IN, IN

1-4 Cross right over left, cross left over right, cross right over left, cross left over right
&5&6 Step right out, step left out, step right in, step left in
&7&8 Step right out, step left out, step right in, step left in

(Optional easier steps)

5-8 Step right foot out to right side, step left foot out to left side, step right foot in place, step together left

Restart

Restart after the toe heel swivels in section 4 on walls 3 (back wall) & 5 (front wall)
Enjoy!
