

This Is How It Goes Down!

拍數: 64 牆數: 4 級數: High Intermediate
編舞者: Rebecca Tucker - March 2013
音樂: This Is How It Goes Down - P!nk : (Album: Funhouse - iTunes)



32 count intro

SECTION ONE: CROSS SIDE BACK AND HEEL, AND CROSS SIDE SAILOR QUARTER TURN

- 1,2,3&4& cross right over left, step to left side, step back on right, close left next to right, dig right heel forward, close right next to left
- 5,6,7&8 cross left over right, step to right side, sweep left behind right whilst making a quarter turn to the left, step back on to left, replace weight on right, step slightly forward on right. (facing 9oclock)

SECTION TWO: TWO HALF MONTEREY TURNS (POINT TURN, POINT CLOSE, POINT TURN, POINT, CLOSE)

- 1,2,3,4, point right to right side, pivot on ball of left foot making a half turn right, close right next to left, point left to left side (facing 3 oclock) close left next to right.
- 5,6,7,8, repeat previous four counts (facing 9 oclock)

SECTION THREE: FORWARD ROCK, RECOVER, SHUFFLE BACK, SHUFFLE BACK. BACK ROCK, RECOVER,

- 1,2,3&4 rock forward on right, recover on left, shuffle back stepping right, left right,
- 5&6,7,8 shuffle back stepping left, right, left, rock back on the right, recover on left.

SECTION FOUR: SHUFFLE FORWARD, SHUFFLE FORWARD, FORWARD ROCK, RECOVER, FULL TURN (BACKWARDS..TURNING RIGHT)

- 1&2, 3&4 shuffle forwards stepping right, left, right, shuffle forwards stepping left, right, left
- 5,6,7,8 Rock forwards on right, recover on left, make a half turn right stepping forwards on the right, make another half turn stepping back on the left. (facing 9 oclock)

(EASIER OPTION: forward rock, make a half turn right then step forward on left) (Note: count one of the next section will make a further half turn right straight into a toe strut (at which point you will be facing 3)

SECTION FIVE: HALF TURNING TOE STRUT, TOE STRUT, TOE STRUT, TOE STRUT

- 1,2,3,4 Make a half turn right place weight on right toe, lower heel, (facing 3 oclock) put left toe forward, lower heel.
- 5,6,7,8 (two more toes struts forward) place right toe forward, lower heel, place left toe forward, lower heel.

SECTION SIX: ROCKING CHAIR, KICK TURN POINT, KICK BALL POINT.

- 1,2,3,4 Rock forward onto right, recover on left, rock back on right, recover on left.
- 5&6, 7&8 Kick right forward, recover weight on right whilst making a quarter turn right (to face 6 oclock), point left out to left side. Kick left forward, recover on left, point right out to right side.

SECTION SEVEN: TWO QUARTER TURNING RIGHT JAZZ BOXES

- 1,2,3,4 Cross right over left, step back on left, step right to right side whilst making a quarter turn right, step left slightly forward.
- 5,6,7,8 repeat last four counts (facing 12 oclock wall)

SECTION EIGHT: FORWARD ROCK, TURN ROCK, ROLLING BACKWARDS TURN (Making 1 ½ turn)

- 1,2,3,4 Rock forward onto right, recover on left, rock forward onto right whilst making a quarter turn right (facing 3 o clock) recover weight on left.

5,6,7,8 Make a half turn right over right shoulder stepping forward onto right, make another half turn right stepping back on left and a further half turn right stepping forward on right, step forward on left!

(easier option: make a half turn right and walk forwards left, right, left)

TAG: AT THE END OF WALL FIVE: TOE AND HEEL AND HEEL AND TOE AND...(facing 9 O'clock wall)

1&2&3&4& point right toe to right side, close right next to left, dig left heel forward, close left next to right, dig right heel forward, close right next to left, point left toe to left side, close left next to right..

Enjoy!

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