

Keep It To Myself

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Kate Sala (UK) - April 2014
音樂: I Keep It To Myself - Wilko Johnson & Roger Daltrey : (Album: Going Back Home)



Intro: 32 counts.

Diagonal Step Lock Step, Touch, Tap Out, In, Switch & Switch.

1 - 3 Step Rt forward to right diagonal. Lock step Lt behind Rt. Step Rt forward to right diagonal.
4 - 6 Touch Lt toe next to Rt. Touch Lt toe out to left side. Touch Lt toe next to Rt.
7 & 8 Touch Lt toe out to left side. Step Lt next to Rt. Touch Rt toe out to right side.

Weave Left, Rock Forward, Recover, Side Rock, Recover.

1 - 4 Cross step Rt over Lt. Step Lt to left side. Cross step Rt behind Lt. Step Lt to left side.
5 - 8 Rock forward on Rt. Recover on to Lt. Rock out on Rt to right side. Recover on to Lt.

Jazzbox 1/4 Turn Right, Step Right, Touch, Step Left, Touch.

1 - 4 Cross step Rt over Lt. Turn 1/4 right stepping back on Lt. Step Rt to right side. Cross step Lt over Rt.
5 - 8 Step Rt to right side. Touch Lt next to Rt. Step Lt to left side. Touch Rt next to Lt.

Heel Dig Rt & Lt, Step Pivot 1/4 Turn Left x 2.

1 - 4 Dig Rt heel forward. Step Rt next to Lt. Dig Lt heel forward step Lt next to Rt.
5 - 6 Step forward on Rt. Pivot 1/4 turn left. Step forward on Rt. Pivot 1/4 turn Lt.

Cross, Side Touch, Cross Side Touch, Cross, Step, Heel Dig, Step In Place.

1 - 4 Cross step Rt over Lt. Touch Lt toe out to left side. Cross step Lt over Rt. Touch Rt toe out to right side.
5 - 7 Cross step Rt over Lt. Step on Lt to left side and slightly back. Dig Rt heel forward to right diagonal.
8 Step Rt down in place.

Touch & Heel & Touch & Heel, Step In Place, Left Step Forward, Pivot 1/4 Turn Right, Step Together.

1 & 2 Touch Lt toe next to Rt instep. Step Lt back to left diagonal. Dig Rt heel forward to right diagonal.
& Step Rt down in place.
3 & 4 Touch Lt toe next to Rt instep. Step Lt back to left diagonal. Dig Rt heel forward to right diagonal.
5 - 8 Step Rt down in place. Step forward on Lt. Pivot 1/4 turn right. Step Lt next to Rt.

Kick Step, Kick Step, Rock Forward, Recover, Shuffle Back.

1 - 4 Kick Rt foot forward. Step Rt next to Lt. Kick Lt foot forward. Step Lt next to Rt.
5 6 Rock forward on Rt. Recover on to Lt.
7 & 8 Step back on Rt. Step Lt next to Rt. Step back on Rt.

Rock Back, Recover, Shuffle Forward, Step Pivot 1/2 Turn Left, Step Pivot 1/4 Turn Left.

1 2 Rock back on Lt. Recover on to Rt.
3 & 4 Step forward on Lt. Step Rt next to Lt. Step forward on Lt.
5 6 Step forward on Rt. Pivot 1/2 turn left.
7 8 Step forward on Rt. Pivot 1/4 turn left.

Start Again

