

Show Me What You Got

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Candi Titus & Melissa Boggs

Musik: What You Got - Abs



POINTS SAILOR SHUFFLES POINT SAILOR SHUFFLE TURN

- 1 Point right foot forward
- 2 Point right foot to right
- 3&4 Left sailor shuffle
- 5 Point left foot forward
- 6 Point left foot to left
- 7&8 Sailor shuffle $\frac{1}{4}$ turn right

HIP SWAYS STEP LOCK STEP

- 1&2 Hip sways to right
- 3 Step right foot forward 45 degrees
- & Drag left foot behind right
- 4 Step right foot forward 45 degrees
- 5&6 Hip sway to left
- 7 Step left foot forward 45 degrees
- & Drag right foot behind left
- 8 Step left foot forward 45 degrees

STEP PRESS POP, COASTER STEP, $\frac{1}{2}$ PIVOT/SHOULDER WORK

- 1 Step forward with right pressing weight on right
- 2 Pop back on left foot
- 3&4 Right coaster step
- 5&6 Turning $\frac{1}{2}$ to left (move shoulders left down for 5, right down for 6)
- 7&8 Hold (shoulders left down for 7, right down for & left down for 8)

CROSS RECOVER ROCK SKATE

- 1 Cross right over left
- & Recover weight to left
- 2 Step right to right side
- 3 Cross left over right
- & Recover weight to right
- 4 Step left to left side
- 5-8 Skate forward beginning with right foot

REPEAT
