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| Nada Word |  |

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| **拍数:** | 32 | **墙数:** | 4 | **级数:** | Improver | . |
| **编舞者:** | Nancy Morgan (USA) |
| **音乐:** | Lil' Jack Slade - The Chicks |
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**HEEL, TOE, HEEL AND HEEL AND SHUFFLE FORWARD, STEP, ½ TURN HOOK**

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| --- | --- |
| 1-2 | Tap right heel forward, put right foot next to left |

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| --- | --- |
| 3&4& | Tap right heel forward, put right foot next to left, tap left heel forward, put left foot next to right |

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| --- | --- |
| 5&6 | Shuffle forward - right, left, right |

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| --- | --- |
| 7-8 | Step forward on left, turn ½ turn to your right as you hook your right foot across your left |

**SHUFFLE FORWARD, ROCK FORWARD AND TOGETHER, HEEL AND HEEL AND HEEL, CLAP TWICE**

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| --- | --- |
| 1&2 | Shuffle forward - right, left, right |

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| --- | --- |
| 3&4 | Rock forward on left and back on right, put left next to right |

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| --- | --- |
| 5&6&7 | Tap right heel forward, put right foot next to left, tap left heel forward, put left foot next to right, tap right heel forward |

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| --- | --- |
| &8 | Clap twice |

**TOGETHER, HEEL AND HEEL AND HEEL, CLAP TWICE, AND FORWARD ROCK, COASTER STEP**

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| &1&2&3 | Put right foot next to left, tap left heel forward, put left foot next to right, tap right heel forward, put right foot next to left, tap left heel forward |

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| &4 | Clap twice |

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| --- | --- |
| 5-6 | Lift left heel off ground and rock forward on left and back on right |

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| --- | --- |
| 7&8 | Coaster step - step back on left, back on right, forward on left |

**½ TURN, ¼ TURN, 2 SAILOR SHUFFLES**

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| 1-2 | Step forward on right, pivot turn ½ turn to your left (weight is on left) |

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| --- | --- |
| 3-4 | Step forward on right, pivot turn ¼ turn to your left (weight is on left) |

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| 5&6 | Sailor shuffle - step right foot behind left, step left to left side, step right foot forward and slightly to right |

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| --- | --- |
| 7&8 | Sailor shuffle - step left foot behind right, step right to right side, step left foot forward and slightly to left |

**REPEAT**