

Nada Word

拍数: 32 墙数: 4 级数: Improver
编舞者: Nancy Morgan (USA)
音乐: Lil' Jack Slade - The Chicks



HEEL, TOE, HEEL AND HEEL AND SHUFFLE FORWARD, STEP, ½ TURN HOOK

- 1-2 Tap right heel forward, put right foot next to left
- 3&4& Tap right heel forward, put right foot next to left, tap left heel forward, put left foot next to right
- 5&6 Shuffle forward - right, left, right
- 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

- 1&2 Shuffle forward - right, left, right
- 3&4 Rock forward on left and back on right, put left next to right
- 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
- &8 Clap twice

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

- &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
- &4 Clap twice
- 5-6 Lift left heel off ground and rock forward on left and back on right
- 7&8 Coaster step - step back on left, back on right, forward on left

½ TURN, ¼ TURN, 2 SAILOR SHUFFLES

- 1-2 Step forward on right, pivot turn ½ turn to your left (weight is on left)
- 3-4 Step forward on right, pivot turn ¼ turn to your left (weight is on left)
- 5&6 Sailor shuffle - step right foot behind left, step left to left side, step right foot forward and slightly to right
- 7&8 Sailor shuffle - step left foot behind right, step right to right side, step left foot forward and slightly to left

REPEAT
