

SMH Easy

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Lynn Card (USA) & Ben Heggy (USA) - February 2015
音乐: SMH (Shakin' My Head) (feat. Flo Rida) - Detail : (Album: SMH, Shakin' My Head)



Start: □ After 8 counts, approx 4 sec. on lyrics

S1 (1-8) Side w/head bob; Head bobs x3; Jazz box;

- 1 (1)Step right to the side, while bobbing your head and looking left, your toes should point to the left diagonal;
- 2-3-4 (2-3-4)Bob your head and bounce your heels 3 times, slowly shifting weight from right to left and body angle from left diagonal to right; Your toes should point to right diagonal and weight should be on left.
- 5-6 (5)Cross right over left; (6)Step left back;
- 7-8 (7)Step right to the side; (8)Cross left over right;

S2 (9-16) Side w/hand; Side w/hand; Side w/hand; Side w/hand; Weave left;

- 1 (1)Step right to the side, bumping hips right and placing right hand on left hip;
- 2 (2)Step left to the left, bumping hips left and placing left hand on right hip;
- 3 (3)Step right to the side, bumping hips right and placing right hand behind head;
- 4 (4)Step left to the side, bumping hips left and placing left hand behind head;
- 5-8 (5)Cross right over left; (6)Step left to the left; (7)Cross right behind left; (8)Step left to the left;

S3 (17-24) Back; Back; Back; Heel tap; Forward lean; Toe tap; Back lean; Heel tap;

- 1-2 (1)Step right back; (2) Step left back;
- 3-4 (3)Step right back, leaning back; (4)Tap left heel forward;
- 5-6 (5)Step forward on left, leaning forward; (6)Tap right toe behind left;
- 7-8 (7)Step right back, leaning back; (8)Tap left heel forward;

S4 (25-32) Step; Hitch; Cross; Back; Rock back; Recover; Step; Pivot ¼;

- 1-2 (1)Step left forward; (2)Hitch (or kick, or scuff) right forward;
- 3-4 (3)Cross right over left; (4)Step left back;
- 5-6 (5)Rock back on right; (6)Recover weight to left;
- 7-8 (7)Step right forward; (8)Turn ¼ left, weight to left; [9:00]

Repeat

Tag: (8 cts) At the end of wall 8, execute this tag

T1 (1-8) Full turn walkaround CCW

- 1-2 (1)Step diagonally forward left on right; [10:30] (2)Step forward on left, squaring up; [9:00]
- 3-4 (3)Step diagonally forward left on right; [7:30] (4)Step forward on left, squaring up; [6:00]
- 5-6 (5)Step diagonally forward left on right; [4:30] (5)Step forward on left, squaring up; [3:00]
- 7-8 (7)Step diagonally forward left on right; [1:30] (8)Step forward on left, squaring up; [12:00]

Ending: You will dance up through count 4 on the last wall. Pose or take a bow!

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script. © 2014 Ben Heggy (benster@djbenster.com)

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