

High Heeled Shoes

拍数: 48 墙数: 4 级数: Improver
编舞者: Karen Kennedy (SCO) - October 2017
音乐: High Heeled Shoes - Megan McKenna : (Single)



Music Download:- iTunes and Amazon

Intro:- 16 counts – starting as vocals kick in

S1: CROSS ROCK, RECOVER, CHASSE, CROSS ROCK, RECOVER, CHASSE WITH ¼ TURN

1 -2 Cross rock right over left, recover on left
3&4 Step right to right side, close left beside right, step right to right side
5 -6 Cross left over right, recover on right
7&8 Step left to left side, close right beside left, ¼ turn left stepping forward on left (9.00)

S2: SIDE ROCK, RECOVER, RIGHT CROSS SHUFFLE, SIDE ROCK, RECOVER, BEHIND, SIDE, STEP FWD

1 -2 Side rock right to right side, recover on left
3&4 Cross right over left, close left beside right, cross right over left
5 -6 Side rock left to left side, recover on right
7&8 Cross left behind right, step right to right side, step left forward (9.00)

S3: ROCK FWD, RECOVER, ½ TURNING SHUFFLE, ROCK FWD, RECOVER, COASTER STEP

1 -2 Rock forward on right, recover on left
3&4 Over right shoulder ½ turning shuffle stepping- right, left, right (3.00)
5 -6 Rock forward on left, recover on right
7&8 Step back on left, step right beside left, step left forward (3.00)

S4: ROCK FWD, RECOVER, STEP BACK, ROCK FWD, RECOVER, LEFT LOCK STEP, ½ TURNING SHUFFLE

1 -2& Rock forward on right, recover on left, step right beside left
3 -4 Rock forward on left, recover on right
5&6 Step left back, lock right in front of left, step left back
7&8 ½ turning shuffle over right shoulder - stepping right, left, right (9.00)

S5: ROCK FWD, RECOVER, STEP BACK, ROCK FWD, RECOVER, RIGHT, LOCK STEP, LEFT SAILOR WITH ¼ TURN

1 -2& Rock forward on left, recover on right, step left beside right
3 -4 Rock forward on right, recover on left
5&6 Step right back, lock left in front of right, step right back
7&8 Cross left behind right, step right to right side, step left to left side taking ¼ turn left (6.00)

S6: CROSS ROCK, RECOVER, CHASSE, ROCK FWD, RECOVER, ¾ TURNING SHUFFLE

1 -2 Cross rock right over left, recover on left,
3&4 Step right to right side, close left to right, step right to right side
5 -6 Rock forward on left, recover on right
7&8 ¾ turning shuffle over left shoulder – stepping left, right, left (9.00)

START AGAIN

TAG: Add at the end of wall 4, facing front wall, before Restarting dance.

CROSS ROCK, RECOVER, SIDE ROCK, RECOVER

1 -2 Cross rock right over left, recover on left
3 -4 Side rock right to right side, recover on left

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