

Shiver Change-Up

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Lisa McCammon (USA) - September 2021
音乐: Shivers - Ed Sheeran



#16 count intro (counted half-time) Counter-clockwise rotation; start weight on L

NOTE: Several "change up" tracks are listed below.

MODIFIED REVERSE RUMBA BOX

1&2& Step side R, touch L home, step side L, touch R home
3&4& Step side R, close L, step back R, touch L home
5&6& Step side L, touch R home, step side R, touch L home
7&8& Step side L, close R, step forward L, brush R

PLACE-TWIST-TWIST-KICK-COASTER STEP-BRUSH; PLACE-TWIST-TWIST-KICK-BACK-LOCK-BACK-KICK

1& Small step forward R (weight even), twist both heels to R
2& Twist both heels to center ending with weight on L, small kick R forward
3&4& Step back R, close L, step forward R, brush L
5& Small step forward L (weight even), twist both heels to L
6& Twist both heels to center ending with weight on R, small kick L forward
7&8& Step back L, lock R across R, step back L, small kick R forward

COASTER STEP, STEP-SCOOT-SCOOT-SCOOT; VEE STEP, ROCKING CHAIR

1&2 Step back R, close L, step forward R
3 Step forward L
&4& Keeping weight on L, scoot forward on L (R will hitch slightly); repeat 2x
[A "scoot" is a small slide step, in this case forward; beginner option is step-lock-step LRL for 3&4.]
5&6& Step forward R, step side L, step back R, close L
7&8& Rock forward R, recover L, rock back R, recover L

STEP-TURN-CROSS-&-CROSS-&-CROSS; SIDE-CLOSE-CROSS-&-CROSS-&-CROSS

1&2 Step, turn left ¼ [9], cross R
&3&4 Step side L, cross R, step side L, cross R
5&6 Step side L, close R stepping slightly back, cross L
&7&8 Step side R, cross L, step side R, cross L

Change-up tracks (no tags or restarts):

Runaround Sue by The Overtones, 3:06, 076 bpm, start after slow intro on "hep"

Knee Deep In The Blues by The Derailers, Full Western Dress, 076 bpm

Merry Go Round by Scooter Lee, 3:09, 077 bpm

The Fireman by George Strait, 2:37, 085 bpm (for those who like it peppier)

The Worst Country Song Of All Time by Brantley Gilbert ft. Toby Keith; 072 bpm; start on main beat after he sings "and it goes." During the 6th repetition, the music pauses. Just hold the cross on count 31, then start at the beginning as usual after "and it goes like."

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