

Shivers AB EZPZ

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2
编舞者: Mitzi Day (USA) - October 2021
音乐: Shivers - Ed Sheeran

级数: Absolute Beginner



STEP RIGHT DIAGONAL AND TOUCH, LEFT DIAGONAL AND TOUCH, POINT RIGHT FOOT OUT -IN-OUT- IN.

- 1-2 Step right foot to right forward diagonal and touch left toe to right keeping weight on right.
- 3-4 Step left foot to left forward diagonal and touch right toe beside left foot
- 5-6-7-8 Touch right foot out to side, then back beside left foot, then right foot out to right side, then touch back to left foot.

TIME TO PROGRESS BACK! STEP BACK DIAGONAL RIGHT FOOT , TOUCH LEFT FOOT , STEP left BACK DIAGONAL LEFT, TOUCH RIGHT ,THEN SHIMMY TO RIGHT.

- 1-2 Step right foot back diagonal and touch left foot beside right foot.
- 3-4 Step left foot back diagonal and touch right toe beside left foot.
- 5-6-7-8- Step right to right side,while shaking shoulders ,and bending knees, straighten knees and bring left foot beside right.

STEP TOUCH,STEP TOUCH TURN 1/4 LEFT, STEP TOUCH, STEP TOUCH TURN 1/4 LEFT.(6:00)

- 1-2 Step on right foot then touch left toe beside right foot.
- 3-4 turn 1/4 left stepping on left foot, touch right toe beside left foot.
- 5-6 Step on right foot, touch left toe beside right foot.
- 7-8 Turn 1/4 left and step on left foot then touch right foot beside left keeping weight on left.(6:00)

BIG RIGHT STEP FORWARD,STEP LEFT TOGETHER, HEEL SPLIT, WALK BACK R-L-R-L.(6:00)

- 1-2 Step right foot forward, step left foot beside right. Weight is equal both feet.
- 3-4 Keeping balls of both feet in same spot move both heels out to side at same time then place them back to original position.
- 5-6-7-8 Walk back right,left,right,left. make them almost stomps since you feel that in music.

Much thanks to all who give me encouragement to share what we all love = DANCE
