

Shadow

拍数: 32 墙数: 2 级数: Intermediate
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音乐: That's What I Get For Thinking - Shadow Styles



AND CROSS RIGHT OVER LEFT, HOLD, STEP LEFT TO LEFT SIDE, HOLD, TWO SAILOR SHUFFLES

- &1-2 Step back on left and cross right foot over left, hold for 1 count
- 3-4 Step left to left side (shoulder width) and hold for 1 count
- 5&6 Sailor, step right behind left, left to left side, right foot forward
- 7&8 Sailor, step left behind right, right to right side, left foot forward

CROSS RIGHT OVER LEFT, KICK LEFT WITH ¼ TURN RIGHT, HITCH, WIGGLE BACK RIGHT, LEFT

- 1-2 Cross right foot over left, kick left foot back as you do a ¼ turn to right
- 3-4 Step left foot forward, hitch with right knee (keep weight on left)
- 5-6 Step back on right as you wiggle your hips from side to side
- 7-8 Step back on left as you wiggle your hips from side to side

CROSS RIGHT OVER LEFT, KICK LEFT WITH ¼ TURN RIGHT, HITCH, STOMP RIGHT, LEFT, COASTER STEP

- 1-2 Cross right foot over left, kick left foot back as you do a ¼ turn to right
- 3-4 Step left foot forward, hitch forward with right knee (shift weight forward)
- 5-6 Stomp right foot forward, stomp left foot forward
- 7&8 Coast step, step back on right, back on left, forward on right

GRIND LEFT HEEL FORWARD, THEN RIGHT, STEP BACK ON LEFT, HOLD, THEN RIGHT, HOLD

- 1-2 Step left heel forward pointing toe to your right, grind heel around till toe faces forward then step forward as you drop the toe to the ground
- 3-4 Step right heel forward point toe to your left, grind heel around till toe faces forward then step forward as you drop the toe to the ground
- 5-6 Step back on your left and hold
- 7-8 Step back on you right and hold

REPEAT
