

Shadow Cha

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Mark Cosenza (USA)
音乐: Shadow & Jimmy - Was Not Was



TOUCH STEP TURN ¼ RIGHT, KICK & TOUCH, SWEEP ¼ LEFT

- 1 Touch side left
- 2-3 Step left next to right, pivot ¼ right (weight should remain on left) and pop right knee forward
- 4&5 Kick right forward, step right down, touch side left
- 6-7 Pivoting ¼ left, sweep left back and step behind right foot

RIGHT SHUFFLE, TOUCH & DRAG, LEFT SHUFFLE, TOUCH & DRAG, ROCK & RECOVER

- 8&1 Step forward right, left, right
- 2-3 Leaning your shoulders to the right, touch side left and slowly drag to right as your shoulders move back in place
- 4&5 Step forward left, right, left
- 6-7 Leaning your shoulders to the left, touch side right and slowly drag to left as your shoulders move back in place
- 8& Rock right forward, recover onto left

½ TURN PIVOT, ROCK RECOVER, CROSS SHUFFLE, TOUCH AND STEP, LEFT HEEL JACK

- 1 Pivot ½ turn right stepping onto right
- 2-3 Rock side left, recover onto right
- 4&5 Cross left over right, step right behind left, cross left over right
- 6 Touch right side right
- 7 Touch right next to left
- 8& Step back on right, touch left heel forward

STEP & TOUCH, TOUCH & CROSS, LEFT KICK BALL CROSS & UNWIND, KICK & TOUCH

- &1 Step down on left, touch right toe inward to left
- 2-3 Touch right side right, step right forward and across left
- 4&5 Kick left foot diagonal forward, step down on ball of left, cross right over left
- 6-7 Slowly unwind ¾ turn left slightly bending knees
- 8& Kick right forward, step right down

REPEAT

There is a false ending towards the very end of the song which occurs at about count 11 where the music breaks with the exception of a long drum roll. Continue the dance as normal and you should be at count 16 when the music picks up again.