

拍数: 32 墙数: 4 级数: Improver

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## STEP LEFT FORWARD WITH SWIVELS LEFT-RIGHT-LEFT, KICK LEFT, LEFT SAILOR, RIGHT RONDE, STEP RIGHT BEHIND UNWIND 3/4

1&2&3 Step left forward with body facing diagonally right, and swivel heels left-right-left

(add a bit of bounce for style)

& Pushing off floor kick left forward

4&5 Step left behind right, step right to right side, step left in place

5-6 Kick right to right side and swing right leg around to touch right toe behind left

7-8 Slow unwind \(^3\)4 turn on two counts, shifting weight to right

## PRISSY WALK TWICE, FORWARD ROCK & 1/4 TURN LEFT, RIGHT ROCK & CROSS, LEFT ROCK & CROSS

1-2	Step left forward and across right, step right forward and across left
3&4	Rock left forward, recover on right, ¼ turn left stepping left to left side
5&6	Rock right to right side, step left in place, step right across left
7&8	Rock left to left side, step right in place, step left across right

#### LEFT CROSS SHUFFLE, STEP, HEEL WITH HIP SLAPS

5&6 Cross shuffle left over right (left, right, left)

& Lift right leg

7 Step right to right side, bending knees, swivel heels right & slap right back hip pocket

& Keeping knees bent, swivel heels left

8 Keeping knees bent, swivel heels right and slap right hip pocket

#### 1/4 TURN LEFT, LEFT SHUFFLE, STEP RIGHT PIVOT 1/2 TURN LEFT, RIGHT, LEFT, JUMP OUT & IN

& 1/4 turn left while lifting left leg to prepare for next step

9&10 Left shuffle forward

Hands are in fist shapes, palms facing each other, chest level and moving forward alternately in a winding motion or like pedals on a bike

11-12 Step right pivot ½ turn left

Hands are open with fingertips placed on each side of the head, head tilts right on count 11 and tilts left on count 12

13-14 Step right forward, step left forward

15-16 Jump both feet apart, jump both feet in place together

Forearms are touching in front of face on count 13 and arms open on count 14, keeping bent at the elbow as in a 'muscle pose', hands in fist shape throughout

### RIGHT JAMAICA STEP, LEFT CROSS DIAGONAL SHUFFLE, 2X HEEL SWIVELS

17-18 Right heel grind, ½ turn right, step left back

19&20 Right coaster step

21&22 Cross shuffle left over right diagonally forward to front right corner (left, right, left)
23 Step right diagonally forward (right forward corner), bending knees swivel heels right

&24 Swivel heels left and right (keeping knees bent)

Hands are waist level, palms down in fists, arms bent at elbows, move hands left and right in time with swivels

# RIGHT BACK CROSS DIAGONAL SHUFFLE, LEFT BACK DIAGONAL ROCK, DIAGONAL FULL TURN RIGHT, LEFT SHUFFLE FORWARD

& Straighten legs, push off with right and shift weight to left foot

25&26 Cross back shuffle right behind left diagonally to back left corner (right, left, right)

27-28 Rock left diagonally back, step right in place turning body 1/8 turn right 29-30 ½ turn right step back on left (29), 3/8 turn right step right forward (30)

Turn on the diagonal to the forward right corner, finish facing front

31&32 Left shuffle forward (left, right, left, towards starting wall)

#### REPEAT

#### **TAG**

#### After 3rd wall

### KICK BALL CHANGE, OUT OUT IN SLAP, LEFT CROSS SHUFFLE, RIGHT ROCK

1&2 Kick right forward, step right slightly back, step left in place

3& Step right to right side, step left to left side

4& Step right in place, flick left heel out to left and slap outside of left foot

5&6 Cross shuffle left over right (left, right, left)7-8 Rock right to right side, recover onto left

#### RIGHT CROSS SHUFFLE LEFT ROCK, LEFT SAILOR, HOLD WITH HAND SLIDE OR HANDS ON HIPS

9&10 Cross shuffle right over left (right, left, right)11-12 Rock left to left side, recover onto right

13&14 Step left foot behind right, step right foot to side, step left in place

15-16 Place palms of open hands on front hip pockets and slide up to ribs, keeping elbows out

#### **COUNTRY-STYLE OPTIONS**

Remove hand motions

Replace 1st swivels in counts 7&8 with

7-8 Step right to right, touch left beside right

Replace 2nd swivels in counts 23&24

23-24 Rock right diagonally forward, recover onto left

Don't bend so much if you do swivel

On the tag counts 15-16 place hands defiantly on hips and hold!