

Holding Out For Shrek

拍数: 0 墙数: 0 级数:
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音乐: Holding Out For a Hero - Jennifer Saunders



Sequence: AAB, Tag, Tag, AAB, Tag, AAB, BBB, A, Tag, ABC

PART A

SIDE, BEHIND & CROSS, $\frac{3}{4}$ UNWIND, ROCK BACK, FULL TURN OVER TWO STEPS

- 1-2& Side step right to the right, cross step left behind right, step right next to left
- 3-4 Cross step left over right, unwind $\frac{3}{4}$ right
- 5-6 Rock back with right, recover onto left
- 7-8 Step back onto right, turning a half left, step forward onto left turning a half left

SWEEP, STEP, SWEEP, STEP, KICK, KICK, TAP, TAP

- 1-2 Sweep right from behind left to in front of left, step onto right
- 3-4 Sweep left from behind right to in front of right, step onto left
- 5-6 Kick right foot forward twice
- 7-8 Tap right next to left twice

ROLL TURN, ROLL TURN, ROLL, BEHIND, SIDE

- 1-2 Roll hips to the right, turning $\frac{1}{4}$ to the left
- 3-4 Roll hips to the right, turning $\frac{1}{4}$ to the left
- 5-6 Roll hips to the right, roll hips to the left (weight ends on left)
- 7-8 Cross step right behind left, side step left to the left

HEEL TURN, SIDE STEP, HEEL TURN, SIDE STEP, JAZZ BOX

- 1-2 Step right heel across left pointing diagonally forward left, side step left turning to the left right heel to point diagonally forward right
- 3-4 Step right heel across left pointing diagonally forward left, side step left turning to the left right heel to point diagonally forward right
- 5-6 Cross step right over left, step back with left
- 7-8 Step right to the right, step forward with left

PART B

CROSS ROCK, SIDE, CROSS, ROCKING CHAIR

- 1-2 Cross rock right over left, recover onto left
- 3-4 Side step right to the right, cross step left over right
- 5-6 Rock forward with right, recover onto left
- 7-8 Rock back with right, recover onto left

ROCKING CHAIR, SIDE STEP, DRAG, ROCK BACK

- 1-2 Rock forward with right, recover onto left
- 3-4 Rock back with right, recover onto left
- 5-6 Large side step to the right with right, drag left up to right keeping weight on right
- 7-8 Rock back with left, recover onto right

VINE, TOUCH, CROSS STEP, TWISTS

- 1-2 Side step left to the left, cross right behind left
- 3-4 Side step left to the left, touch right next to left
- 5 Cross step right over left
- 6-8 Twist body $\frac{1}{4}$ left, twist body $\frac{1}{4}$ right, twist body $\frac{1}{2}$ left weight ending on left

Rocking chairs in part B are slightly diagonally forward left/back right

PART C

TWISTS, ROCK FORWARD, COASTER STEP, ROCK FORWARD

- 1-2 Twist body a $\frac{1}{4}$ right, twist body a $\frac{1}{4}$ left
- 3-4 Rock forward with right, recover onto left
- 5&6 Step back with right, step left next to right, step forward with right
- 7-8 Rock forward with left, recover onto right

HALF SHUFFLE, ROCK FORWARD, COASTER STEP, ROCK FORWARD

- 1&2 Step back onto left turning a $\frac{1}{4}$ left, bring right up to left turning a $\frac{1}{4}$ left, step forward with left
- 3-4 Rock forward with right, recover onto left
- 5&6 Step back with right, step left next to right, step forward with right
- 7-8 Rock forward with left, recover onto right

HALF SHUFFLE X4

- 1&2 Step back onto left turning a $\frac{1}{4}$ left, bring right up to left turning a $\frac{1}{4}$ left, step forward with left
- 3&4 Step back onto right turning a $\frac{1}{4}$ left, bring left up to right turning a $\frac{1}{4}$ left, step back with right
- 5&6 Step back onto left turning a $\frac{1}{4}$ left, bring right up to left turning a $\frac{1}{4}$ left, step forward with left
- 7&8 Step back onto right turning a $\frac{1}{4}$ left, bring left up to right turning a $\frac{1}{4}$ left, step back with right

ROCK BACK, STOMP, STOMP

- 1-2 Rock back with left, recover onto right
- 3-4 Stomp left foot forward, stomp right foot next to left

TAG

CROSS STEP, TWISTS

- 1 Cross step right over left
 - 2-4 Twist body a $\frac{1}{4}$ left, twist body a $\frac{1}{4}$ right, twist body a $\frac{1}{2}$ left weight ending on left
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