

编舞者: Rene Stathy

音乐: Freaky Friday - Aqua



When dancing to Aqua, start 8 counts after the singer says "My life is a country song"

# POINT RIGHT, HITCH, POINT RIGHT, HALF TURN, POINT LEFT, HITCH, STEP TOGETHER, QUARTER TURN

1	Point right toe out to right side
2	Hitch right across in front of left knee
3	Point right toe out to right side
4	Bring right in and pivot half a turn right putting left beside and taking weight on right
5	Point left out to left side
6	Hitch left across right knee
7	Step left down so that feet are slightly apart
8	Pivot a quarter turn right with weight on left and lifting right toe

## RIGHT SHUFFLE, STEP HALF TURN, LEFT SHUFFLE, FULL TURN

9&10	Shuffle forward - right, left, right

11 Step forward onto left

12 Pivot a half turn right moving weight onto right

13&14 Shuffle forward - left, right, left

Pivot a half turn left on left and step back onto right
Pivot a half turn left on right step forward on left

## ROCK RIGHT, ROCK LEFT, CROSS SHUFFLE, ROCK LEFT, QUARTER TURN, FORWARD SHUFFLE

17	Rock out to right side
18	Rock back onto left

19&20 Shuffle across in front - right, left, right

21 Rock out to left side

22 Pivot a quarter right rocking weight back onto right

23&24 Shuffle forward - left, right, left

## TOE STRUTS (TWICE), ROLL HIPS FOR 4

25	Strut forward onto right toe
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26 Drop right heel

27 Strut forward onto left toe

28 Drop left heel

29 Step right up beside left and roll hips to right

30 Roll hips left
31 Roll hips right
32 Roll hips left

### **REPEAT**