

# Double XI

拍数: 48  
编舞者: Nancy Morgan (USA)  
音乐: XXL - Keith Anderson

墙数: 4

级数: Improver east coast swing



## BACK ROCK, SHUFFLE FORWARD, TOE, HEEL, SHUFFLE IN PLACE

- 1-2 Rock/step back on right and forward on left
- 3&4 Shuffle forward - right, left, right
- 5-6 Point left toe in toward right instep, put left heel in toward right instep
- 7&8 Shuffle in place - left, right, left

## STEP OUT, STEP, CROSS, 2 HIP ROLLS FOR A ½ TURN

- &1-2 Put right foot out to right side, put left foot out to left side, hold
- &3-4 Put left in towards right foot, cross right over left, hold
- 5-6 Hip roll counter clock wise (or double time it) ¼ turn
- 7-8 Hip roll counter clock wise (or double time it) ¼ turn

## SHUFFLE FORWARD, FORWARD ROCK, SHUFFLE BACK, BACK ROCK STEP

- 1&2 Shuffle forward - right, left, right
- 3-4 Rock/step forward on left and back on right
- 5&6 Shuffle back - left, right, left
- 7-8 Back rock/step on right and forward on left

For added pizzazz - shuffle forward, ½ turn pivot, shuffle back as you turn a ½ turn, back rock step

## TOUCH, STEP, TOUCH, STEP, KICK-BALL-CHANGE, KICK-BALL-CROSS

- 1-2 Touch right out to right side, step forward on right
- 3-4 Touch left out to left side, step forward on left
- 5&6 Kick-ball-change - kick right foot forward, put right next to left as you lift left foot off of ground, put left next to right
- 7&8 Kick-ball-change - kick right foot forward, put right next to left as you lift left foot off of ground, cross left over right

## SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, STEP BEHIND, STEP FORWARD ¼ TURN TO LEFT

- 1&2 Side shuffle to right - step right to right side, step left next to right, step right to right side
- 3-4 Rock step - rock/step back on left and forward on right
- 5&6 Side shuffle to left - step left to left side, step right next to left, step left to left side
- 7-8 Step right behind left, step forward on left as you turn ¼ turn to left

## ½ PIVOT, STEP, HITCH, STEP, HITCH, STEP FORWARD/PRESS AND BACK UP

- 1-2 Step forward on right, pivot ½ turn to left
- 3-4 Step forward on right, hitch left knee up (bring knee halfway up)
- 5-6 Step forward on left, hitch right knee up (bring knee halfway up)
- 7-8 Press/step forward on right heel and bring heel slightly up as if starting into a hitch

**REPEAT**