Let's Dance Guys



编舞者: Jos Slijpen (NL)

音乐: Men Don't Dance Anymore - Beccy Cole



Start immediately? no intro

ELVIS KNEES WITH HOLDS

Touch Right toe out to right side and bend knee in towards Left, hold for 3 counts

Take weight on Right foot and bend left knee in towards Right, hold for 3 counts

ELVIS KNEES, HOLD, FORWARD SHUFFLE RIGHT, FORWARD ROCK LEFT, RECOVER

1-4 Switch weight on Left-Right-Left bending knees in, hold

5&6 Shuffle forward stepping Right-Left-Right7-8 Rock forward Left, recover weight on Right

BACK SHUFFLE LEFT, BACK ROCK, RECOVER, FORWARD SHUFFLE RIGHT, PIVOT ½ TURN RIGHT

Shuffle back stepping Left-Right-Left
 Rock back Right, recover weight on Left
 Shuffle forward stepping Right-Left-Right

7-8 Step forward Left, pivot ½ turn right (facing 6 o?clock)

FORWARD SHUFFLE LEFT, PIVOT ¼ TURN LEFT, CROSS SHUFFLE LEFT, ¼ TURN RIGHT, HOLD

1&2 Shuffle forward stepping Left- Right-Left

3-4 Step forward Right, pivot ½ turn left (facing 3 o?clock)

Cross Right over Left, step Left to left side, cross Right over Left
7-8 Make ¼ turn right stepping back on Left, hold (facing 6 o?clock)

SIDE STEP RIGHT, HOLD, CLAP X2, SIDE STEP LEFT (with Hip Bump), HOLD, HIP BUMPS

1-2 Step right to right side, hold3-4 Hold with clap (twice)

5-6 Step Left to left side and bump hips left, hold

7-8 Bump hips right, bump hips left

FORWARD STEP RIGHT, HOLD, PIVOT ½ TURN LEFT, HOLD, FORWARD STEP RIGHT, HOLD, PIVOT ¼ TURN LEFT, HOLD

1-2 Step forward Right, hold
3-4 Pivot ½ turn left, hold
5-6 Step forward Right, hold

7-8 Pivot ¼ turn left, hold (facing 9 o?clock)

CHASSE RIGHT, ROCK BEHIND, RECOVER, CHASSE LEFT, ROCK BEHIND, RECOVER

1&2 Step Right to right side, step Left beside Right, step Right to right side

3-4 Rock Left behind Right, recover weight on Right

5&6 Step Left to left side, step Right beside Left, step Left to left side

7-8 Rock Right behind Left, recover weight on Left

FORWARD ½ TURN SHUFFLE, ROCK BACK, RECOVER, FORWARD SHUFFLE LEFT, ROCK RIGHT OUT TO RIGHT SIDE. RECOVER

1&2 Shuffle forward whilst making ½ turn left stepping Right-Left-Right

3-4 Rock back Left, recover weight on Right 5&6 Shuffle forward stepping Left-Right-Left

7-8 Rock Right out to right side, recover weight on Left (facing 3 o?clock)

Tag: After, 1st, 2nd and 4th wall

FORWARD SHUFFLE RIGHT, ROCK LEFT OUT TO LEFT SIDE, RECOVER, FORWARD SHUFFLE RIGHT, ROCK RIGHT OUT TO RIGHT SIDE, RECOVER

1&2 Shuffle forward stepping Right-Left-Right

3-4 Rock Left out to left side, recover weight on Right

5&6 Shuffle forward stepping Left-Right-Left

7-8 Rock Right out to Right side, recover weight on Left