Shake Your Cards AB



拍數: 32

牆數:4

級數: Absolute Beginner

編舞者: Angéline Fourmage (FR) - June 2018

音樂: No Nagging (Zen Radio Mix) - Froggy Mix : (Card captor Sakura Opening French Version - iTunes)

Start : 16 count - No Restart - No Tag

[1-8] : Step, Hitchx4

- 1-2 RF to R side, L Hitch
- 3-4 LF to L side, R Hitch
- 5-6 RF to R side, L Hitch
- 7-8 LF to L side, R Hitch

[9-16] : Vine, Step, Bouncesx4

- 1-2 RF to R side, LF behind RF
- 3-4 RF to R side, LF to L side
- 5&6& L heel up, L heel down, L heel up,L heel down,
- 7&8& L heel up, L heel down, L heel up, L heel down

[17-24] : Vine, Step, Bouncesx4

- 1-2 LF to L side, RF behind LF
- 3-4 LF to L side, RF to R side
- 5&6& R heel up, R heel down, R heel up, R heel down,
- 7&8& R heel up, R heel down, R heel up, R heel down

[25-32] : Rocking-Chair, Step Turn $\frac{1}{2}$ L , Rock-step

- 1-2 RF FW, Recover to LF
- 3-4 RF Back, Recover to LF
- 5-6 RF FW,Turn ½ L
- 7-8 RF FW, Recover to LF

NOTA : (RF = Right foot ; LF = Left Foot ; FW = Forward)

Smile and enjoy the dance

Contact : maellynedance@gmail.co

