She's Got The Rhythm

級數: Low Improver

編舞者: Roger Neff (USA) - May 2018

音樂: She's Got The Rhythm - Alan Jackson

INTRO: 16 COUNTS

拍數: 32

NOTE: This is a "cool down" dance with a variety of step patterns beyond beginner level. The beat becomes very irregular at the end of the music, so just dance until you find a good stopping place!

[1-8] WALK, WALK, SHUFFLE, ROCK, RECOVER, STEP HEEL STEP CROSS

- Walk forward R, L, Shuffle forward R, L, R 1-2,3&4
- 5-6&7&8 Rock forward on LF, Recover on RF, Step on LF, Touch R heel forward, Step home on RF, Cross L over R

[9-16] STEP TO R, PIVOT ½ L, TRIPLE STEP TURNING 1/2, WALK BACK L, R, COASTER STEP

- 1-2 Step to R, Pivot ¹/₂ over L shoulder and step on L
- 3&4 Triple step R,L,R for 1/2 turn over L shoulder (12:00)
- 5-6 Walk back L, R
- 7&8 Step back on L, Step R beside L, Step forward on L

[17-24] R AND L SHUFFLES FORWARD, STEP TO R, STEP BEHIND, STEP HEEL STEP TOUCH

- 1&2 Shuffle forward R,L,R
- 3&4 Shuffle forward L,R,L
- 5,6&7&8 Step to R, Step L behind R, Step on R, Touch L heel forward, Step home on L, Touch R beside L

[25-32] R AND L WIZARD STEPS, 1/8 TURN TO L WITH HIP ROLLS X 2

- Step diagonally R forward, Step L behind R, Step forward on R 1-2&
- 3-4& Step diagonally L forward, Step R behind L, Step forward on L
- 5-6-7-8 Step R, Turn 1/8 to L and step on L, Step R, Turn 1/8 to L and step on L (9:00)

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牆數: 4