Ur Giving me Shivers!

拍數: 32

級數: Improver

編舞者: Val Saari (CAN) - January 2019

音樂: Shivers - Rachel Platten

TOE-STRUTS IN PLACE X 2 (RL), POINT OUT-IN-OUT-IN X 2 (RL)

- 1-2 Touch RF toes in place, Step RF heel down
- 3-4 Touch LF toes beside RF, Step LF heel down
- 5-6 Point RF to R side, Step RF beside L
- 7-8 Point LF to L side, Step LF beside R

MODIFIED JAZZ BOX, CROSS MAMBO, TRIPLE STEP PIVOT 1/4 L

- 1-2 Step RF over L, Step LF back
- 3&4 Step RF beside L, Step LF together, Step RF in place
- 5-6 LF Cross over R, RF Recover weight
- 7&8 Step LF left pivot 1/4 L, Step RF beside L, Step LF together

RAMBLES FORWARD (RL), RF ROCKING CHAIR

- 1-2 RF point to right side, RF step forward in front of L
- 3-4 LF point to left side, LF step forward in front of R
- 5-6 Rock RF forward, Recover LF
- 7-8 Rock RF back, Recover LF

RF ROCK/RECOVER, TURNING SHUFFLES (1/2 R, 1/2 R), RF ROCK BACK

- 1-2 Rock RF forward, recover LF
- 3&4 Shuffle back RLR Pivot 1/2 R
- 5&6 Shuffle back LRL Pivot 1/2 R (12:00)
- 7-8 Rock RF back, recover LF

REPEAT - No Tags, No Restarts

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牆數:4