

Shook

拍數: 48 牆數: 4 級數: Improver
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音樂: Shook - Meghan Trainor



***NO TAG, NO RESTART**

I. BOTAFOGO R/L, PADDLE 1/4 (2X)

1&2. Cross R over L , Rock L ball to L, Recover on R
3&4. Cross L over R, Rock R ball to R, Recover on
5-6-7-8. Step R forward, turn 1/4 to left (2X)

II. STEP FORWARD, RECOVER, COASTER STEP, SIDE L, HOLD, CROSS SHUFFLE

1-2. Rock R forward, recover on L
3&4. R backward, L back close to R, R forward
5-6. L to side, hold
7&8. Cross RF over LF , LF side behind RF, cross RF over LF

III. ROCK SIDE R, HOLD, CROSS SHUFFLE, V STEP

1-2 . L to side, hold
3&4. Cross L over R, R side behind R, L cross over R
5-6-7-8. R forward to diagonaly, L forward diagonaly, R back, L back close to R

IV. SAMBA WHISKS, PRESS FORWARD, BACK

1&2. R to Right side, L cross behind R, Recover on R
3&4. L to left side , R cross behind L, Recover on L
5-6. ¼ Turn to left, press R side , ¼ turn to right R next to L
7-8. ¼ Turn R press L side , ¼ turn to left, L back next to R

V. JAZZBOX TURN RIGHT, OUT-OUT IN-IN,

1-2-3-4. Step R cross over L, step L back, step R to side 1/4 turn to right, step L forward
5&6&7&8. Step R and L forward diagonaly (jump) Step R and L back close each other(jump)

VI. ROCK SIDE R, HOLD, HIP ROLLS, KICK BALL CHANGE 2X

1-2. Rock R to side,hold with style (optional)
3-4. Hip rolls.
5&6-7&8. Kick forward , R tap ball close beside L , L tap in place

LET'S DANCE AND BE HAPPY □□□□□□□□□□