

# Next Level

拍數: 32      牆數: 4      級數: Improver east coast swing  
編舞者: Nancy Morgan (USA)  
音樂: Man! I Feel Like a Woman! - Shania Twain



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## GRIND HEEL, ROCK-STEP, GRIND HEEL, ROCK-STEP

1-2      Grind right heel forward from left to right  
3-4      Rock-step back on right and forward on left  
5-6      Grind right heel forward from left to right  
7-8      Rock-step back on right and forward on left

## GRIND, TOE DOWN, GRIND, TOE DOWN, ¼ TURN JAZZ RIGHT

1-2      Step forward on right as you grind right heel from left to right but drop your toes on the right  
3-4      Step forward on left as you grind left heel from right to left but drop your toes on the left  
5-6-7-8      Cross right over left, step back on left as you turn a ¼ turn to right, step back on right, cross left over right

## SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, ROCK STEP

1&2      Side shuffle to right - right, left right  
3-4      Rock-step back on left and forward on right  
5&6      Side shuffle to left - left, right, left  
7-8      Rock-step back on right and forward on left

## 2 ½ TURN PIVOTS, STEP, STOMP, TOE SPREAD/LIFT

1-2      Step forward on right, pivot ½ turn to left (weight ends on left)  
3-4      Step forward on right, pivot ½ turn to left (weight ends on left)  
5-6      Step forward on right, stomp left next to right  
7-8      Lift and spread toes out and together again as you set toes back on floor

**REPEAT**

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