She Does (P)



拍數: 52 牆數: 0 級數: Partner

編舞者: D. Crockett

音樂: She Does - The Mavericks

Position: Skaters Position

STEP PIVOT, CHA-CHA-CHA

1 Step forward on right foot, dropping right hands

2 Pivot ½ turn left, raising left arms

3&4 Cha-cha-cha slightly forward (RLOD) drop left hands, pick up right hands

STEP PIVOT, CHA-CHA-CHA

6 May step forward on left foot raising right arms, pivot ½ turn right 7&8 Cha-cha-cha slightly forward (LOD) keeping right arms raised

ROCK STEP, TRIPLE STEP 314 TURN RIGHT (ARMS STILL RAISED)

9 Rock forward on right foot (slightly across in front of left)

10 Rock back on left (starting to turn right)

11&12 Triple step ¾ turn to right lowering arm to waist height, pick up left hand

Lady is now behind man facing ILOD, hands on man's waist

SHUFFLE FORWARD (LEFT, RIGHT, LEFT), (RIGHT, LEFT, RIGHT)

13&14 Left shuffle forward15&16 Right shuffle forward

HEEL & TOE TURN (1/2 TURN LEFT)

17 Left heel touch forward (drop right hands raise left arms)

Left foot back in place turning 1/4 turn to left, touch right toe by side

&19 Right foot in place, touch left heel forward

Left foot back in place turning 1/4 turn to left, touch right toe by side

Lower left arms to waist height, pick up right hands on waist. Man is now behind lady facing OLOD)

SHUFFLE FORWARD (RIGHT, LEFT, RIGHT), (LEFT, RIGHT, LEFT)

21&22 Right shuffle forward 23&24 Left shuffle forward

ROCK STEP CHA-CHA-CHA

25-26 Rock forward onto right foot, rock back onto left foot same foot for man & lady

27&28 Cha-cha-cha slightly back

ROCK STEP CHA-CHA-CHA

29-30 Rock back onto left foot, rock forward onto right foot

31&32 Cha-cha-cha slightly forward

SYNCOPATED JUMPS FORWARD & BACK

Both feet jump slightly forward (right foot leads, no weight on right), hold for 1 beat Both feet jump slightly back (right foot leads, no weight on right), hold for 1 beat

RIGHT SHIMMY

37 Large step to the side with right foot

38-39 Slide together with right foot

SLIDE TOGETHER, TURN 1/4 BRUSH

41-42 Step to side with left foot, step together with right foot

43 Turn left/4 left to LOD on left foot

Both now facing LOD in Skaters Position 44 Brush right foot through

SHUFFLE FORWARD RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT

45&46 Right shuffle forward 47&48 Left shuffle forward 49&50 Right shuffle forward 51&52 Left shuffle forward

REPEAT