

Shook

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Bill Macleod (CAN)
音樂: Shook - Shawn Desmond



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| 1-2-3 | Angle body slightly to the left and step left foot forward on an angle, right lock step behind left, left step forward on an angle |
| 4&5 | Step right to right side, cross left behind right, step right to side |
| 6-7&8& | Sway left, step right to side, step left behind right, step ¼ turn forward on right, step left beside right |
| 1&2 | Moving backwards kick right forward, step right foot back, step left foot slightly back |
| 3&4 | Kick right forward, pivot ½ turn to the right on the left foot stepping forward on the right on the & beat then step left foot slightly forward |
| 5-6-7 | Do a full turn to the right, weight stays on the left foot. As you come out of the turn, release the right foot (small swipe) step back on the right foot on count 7 |
| 8&1 | Rock left back, recover on the right, step left forward and turn your head to the left at the same time on count 1 |
| 2-3 | Walk forward right on count 3, you will turn your head to the left again and slightly bend your knees |
| 4&5 | Kick right foot forward, step right foot down then step left foot down, shoulder width apart |
| 6 | Pop your elbow to the right or simply bump to the right |
| 7&8& | Step left to side, step right behind left, step left slightly to the left, step right to the side (sailor step) |
| 1-2-3 | Step left behind right, ¼ turn to the right stepping right forward, step left foot forward. Start a ½ turn to the right on count 3 but use all of count 3 |
| 4&5 | Kick right forward, step a bigger step back on the right and touch your left toe back |
| 6-7&8& | Pivot ½ turn to the left, weight is on the right, cross left in front of right on count 7, ¼ turn to the left stepping slightly back on the right, step left to the side, cross right foot in front of left and start moving forward on an angle |

REPEAT
