Venga Bus Shuffle

拍數: 32

級數: Improver

編舞者: Kelvin Elvidge (USA)

音樂: We Like To Party - Vengaboys

ROCK FORWARD, RECOVER, STEP HITCHES BACK

- 1-2 Rock forward on right. Rock back and recover weight onto left
- &3 Hitch right leg. Step back on right foot
- &4& Hitch left leg. Step back on left foot. Hitch right leg

ROCK BACK, RECOVER, RIGHT SHUFFLE FORWARD

- 5-6 Rock back on right foot. Rock forward and recover weight onto left
- 7&8 Step slightly forward on right, step left foot together, step slightly forward on right

HIP SWING LEFT & RIGHT, LEFT SAILOR STEP

- 9-10 Step to left on left foot and swing hips to left. Swing hips back to right (weight on right foot)
- 11&12 Cross-step left foot behind right. Step right foot beside left step left foot in place

HIP SWING RIGHT & LEFT, RIGHT SIDE SHUFFLE

- 13-14 Step to right on right foot and swing hips to right. Swing hips back to left (weight on left foot)
- 15&16 Step slightly to right, step left beside right, step slightly to right

CROSS ROCK, RECOVER, LEFT SIDE SHUFFLE

- 17-18 Cross rock left foot over right. Recover weight back onto right foot in place
- 19&20 Step slightly to left, step right beside left, step slightly to left

CROSS ROCK, RECOVER, RIGHT SIDE SHUFFLE

- 21-22 Cross rock right foot over left. Recover weight back onto left foot in place
- 23&24 Step slightly to right, step left beside right, step slightly to right

STEP TOGETHER, ROCK RIGHT, RECOVER, CROSS SHUFFLE

- & Step left foot beside right
- 25-26 Rock to right on right foot. Recover weight back onto left foot in place
- 27&28 Cross step right foot over left. Step slightly to left on left foot. Cross step right foot over left

ROCK LEFT, RECOVER, TURN, LEFT SHUFFLE

- 29-30 Rock to left on left foot. Recover weight back on right foot making ¼ turn right
- 31&32 Step slightly forward on left foot. Step right beside left step slightly forward on left foot

REPEAT





k: 4

牆數:4