Atomic



拍數: 32

級數: Improver

編舞者: Mary Kelly (UK)

音樂: If You Want To Touch Her, Ask! - Shania Twain

牆數:4

CROSS SHUFFLE, HALF TURN, CROSS SHUFFLE, ROCK STEPS

- 1&2 Cross right over left, close left behind right foot, step right foot to left
- 3-4 Turn half pivot to right on a left, right
- 5&6 Cross left over right, close right behind left foot, step left foot to right
- 7 Rock to right side on right foot
- 8 Rock back in place on left foot

CROSS SHUFFLE, HALF TURN, CROSS SHUFFLE, STEP QUARTER TURN

- 9-14 Repeat counts 1-6
- 15 Step to right on right foot making quarter pivot on right foot to left
- 16 Step back on left foot

MONTEREY TURN ROCKS, LEFT TURNING JAZZ BOX

- 17 Point right toe to right side
- 18 Pivot half turn to right on left foot, placing weight on right foot beside left foot
- 19 Rock forward on left foot
- 20 Rock back in place on right foot
- 21 Point left toe to left side
- 22 Cross left foot in front of right foot
- 23 Step back right making quarter turn to left
- 24 Step quarter turn left on left foot

FORWARD DIAGONAL, QUARTER TURNING SHUFFLE, BACKWARD DIAGONAL QUARTER TURNING SHUFFLE, TURNING STEPS, STEP BALL POINT

- 25&26 Shuffle forward diagonally right on a right, left, right, making quarter turn to right
- 27&28 Shuffle backward diagonally left on a left, right, left making quarter turn to right
- 29 Step back on right foot making a half pivot to right
- 30 Step forward on left foot
- 31 Step forward on right foot
- & Close left foot beside right foot
- 32 Point right foot to right side (optional: at the same time extend both arms from side to shoulder height)

Counts 25-28 make a half turn to right, count 29 makes up the full turn to right

REPEAT

