

Show it

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Show It - Indy Lee : (CD: Show It to Me)



Intro: 16 counts

¼ turn left, sway, ¼ return, coasterstep, ¼ right turn, sway, ¼ return, coasterstep

1-2 ¼ left and RF to right side with hip sway right (9h), recover on LF with ¼ right (12h)

Option: Rhand on hip, Lhand at the back off neck

3&4 RF back, LF beside RF, RF forward

5-6 ¼ right and LF to left side with hip sway left (3h), recover on RF with ¼ left (12h)

Option: Lhand on hip, Rhand at the back off neck

7&8 LF back, RF beside LF, LF forward

Turn 1/8 pivots (1/2 left) with hips, kick, kick, scuff, hitch ¼ left, stomp

1& RF small step forward with hips to right, 1/8 left and recover on LF with hips to left (10h30)

2& RF small step forward with hips to right, 1/8 left and recover on LF with hips to left (9h)

3& RF small step forward with hips to right, 1/8 left and recover on LF with hips to left (7h30)

4& RF small step forward with hips to right, 1/8 left and recover on LF with hips to left (6h)

5& RF kick diagonally left forward, RF beside LF

6& LF kick diagonally right forward, LF beside RF

7& RF scuff beside LF, RF hitch with ¼ left (3h)

8 RF stomp beside LF (weight on RF)

Hook, chasse left, hook, chasse right, hook ¼ left, chasse left, hook ¼ left, chasse right

&1&2 LF hook across Rknee, LF side step, RF beside LF, LF side step

&3&4 RF hook across Lknee, RF side step, LF beside RF, RF side step

&5&6 ¼ left LF hook across Rknee, LF side step, RF beside LF, LF side step (12h)

&7&8 ¼ left RF hook across Lknee, RF side step, LF beside RF, RF side step (9h)

Heel switches and claps, toe switches and clap

1&2 LF touch heel diagonally left forward, LF beside RF, RF touch heel diagonally right forward

&3&4 RF beside LF, LF touch heel diagonally left forward, hold and clap twice

&5&6 LF beside RF, RF touch toe across LF, RF beside LF, LF touch toe across RF

&7-8 LF beside RF, RF touch toe across LF, hold and clap

Restart: dance 3th wall up to count 16 (RF stomp beside LF, but keep weight on LF)(9h) and start again (show it)

Ending: dance 11th wall up to count 28 (hold and clap twice)(9h), then ¼ right and LF to left side with hip sway left, (12h), Lhand on hip, Rhand at the back off neck