

She Wolf

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Carol Reid (UK) - September 2009
音樂: She Wolf - Shakira



Start on vocals - 35 seconds

RIGHT FORWARD SHUFFLE, STEP ½ TURN, LEFT SHUFFLE, FULL TURN

1&2 step forward on right foot, bring left next to right, step forward on right
3-4 step forward on left, turn ½ turn to the right
5&6 step forward on left foot, bring right foot next to left, step forward on left
7-8 turn ½ turn left stepping back on right foot, turn ½ turn left stepping forward on left

RIGHT KICK BALL TOUCH, LEFT SAILOR ¼ TURN, RIGHT HEEL & TOUCH X 2

1&2 kick right forward, step down on right, point left to left side
3&4 swing left behind right, turn ¼ turn to left step onto right foot, step left to left side
5&6 touch right heel forward, bring right next to left, touch left toe next to right
&7&8 step down on left foot, touch right heel forward, bring right foot next to left, touch left toe next to right

VINE LEFT WITH TOUCH, ¼ TURN, ½ TURN, SHUFFLE ¼ TURN

1-2 step left to left side, step right behind left
3-4 step left to left side, touch right next to left
5-6 turn ¼ turn right onto right foot, turn ½ turn right stepping back onto left
7&8 turn ¼ turn right stepping right to right side, bring left next to right, step right to right side

TOUCH FRONT, SIDE, SAILOR STEP, TOUCH FRONT, SIDE SAILOR ¼ TURN TO RIGHT

1-2 touch left toe forward, touch left toe to left side
3&4 left behind right, step right to right side, step left next to right
5-6 touch right toe forward, touch right toe to right side
7&8 step right behind left, turn ¼ turn to right stepping left beside right, step right to right side

LEFT & RIGHT LOCK STEPS, LEFT SHUFFLE FORWARD, RIGHT MAMBO STEP

1-2& step forward on left, lock right behind left, step forward on left
3-4& step forward on right, lock left behind right, step forward on right
5&6 step forward on left foot, bring right next to left, step forward on left
7&8 rock forward on right recover onto left foot, step back on right foot

STEP BACK & SWEEP X 2, SAILOR ¼ TURN, RIGHT KICK & POINT, POINT, TOUCH

1-2 swing left foot out and behind right, swing right foot out and behind left*
3&4 step left behind right, turn ¼ turn to left stepping right to right side, step left next to right
5&6 kick right foot forward, step right next to left, point left to left side
&7-8 step onto left foot, point right to right side, touch right next to left

RESTART HERE

RIGHT SHUFFLE, MAMBO ½ TURN, KICK & POINT, SAILOR ¼ TURN

1&2 step forward on right, step left next to right, step forward on right
3&4 rock forward on left, recover weight on right, turn ½ turn left stepping onto left
5&6 kick right foot forward, step right next to left, point left foot to left side
7&8 step left behind right, turn ¼ turn to left stepping right to right side, step left next to right

RIGHT VINE, ROLLING VINE WITH TOUCH

1-2 step right to right side, step left behind right

- 3-4 step right to right side, touch left next to right,
5-6 turn $\frac{1}{4}$ turn to left stepping left forward, turn $\frac{1}{2}$ turn left stepping back on right foot
7-8 turn $\frac{1}{4}$ turn left stepping left to left side, touch right beside left

RESTART ON WALL 2

dance until count 42* instead of sailor $\frac{1}{4}$ turn, do a sailor $\frac{1}{2}$ turn then continue to count 48 then restart dance from beginning. you will be facing back wall
