

High Heels

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mishi Ziminski (USA) - August 2011
音樂: High Heels - Courtney Darwin



Rock, Recover, Behind, Side, Cross, Rock, Recover, Behind, ¼ step

1,2 Rock R to R, Recover to L
3&4 Step R behind L, Step L to L, Cross R over L
5,6 Rock L to L, Recover to R
7&8 Step L behind, R, Step R ¼ forward to R, Step L forward

Step, Lock, Unwind ¾, Out, Out, Bump, Bump

1,2 Step R forward, Lock L behind
3&4 Unwind ¾ turn over L shoulder (12:00), Step R out, Step L out

** (2nd Restart)

5,6 Bump R, L
7&8 Bump R, L L

* (1st Restart)

Back Rock, Recover, Forward Shuffle, Forward Rock, Recover, ½ Shuffle

1,2 Rock back on R, Recover forward onto L
3&4 Shuffle forward R, L, R
5,6 Rock forward onto L, Recover back onto R,
7&8 ½ turn shuffle L, R, L over L shoulder (6:00)

¼ Rock and Cross, Rock and Cross, ¼ Turn, 4 Sexy Walks Making ¼ Turn Total

1&2 Rock R ¼ L (3:00), Recover onto L, Cross R over L
&3& Rock, L to L, Recover onto R, Cross L over R
4& Step forward on R, Make ¼ turn L stepping on L
5,6,7,8 Walk R, L, R, L (making 1/16 turn on each step)

End O' Dance

Restarts:

*1st - On 3rd wall, restart the dance after the bumps (you will be facing the back wall)

**2nd - On wall 7, restart the dance after the unwind out out (you will be facing 9:00)
