Shining Friends

拍數: 32

級數: Beginner

編舞者: Yonne Emalda - October 2011

音樂: Shining Friends - 2R

Intro: 8 counts from heavy beats

Pivot 1/2 Turn, Forward Shuffle, Forward Rock, Recover, 1/4 Side Chasse

- 1-2 Step R foot forward, turn 1/2 L
- 3&4 Step R foot forward, lock L foot behind R foot, step R foot forward
- 5-6 Rock L foot forward, recover weight on R foot
- 7&8 Turn ¼ L stepping L foot to L side, step R foot together with L foot, step L foot to L side

Cross Rock, Recover, ¼ Turn, Forward Shuffle, Full Turn, Forward Shuffle

- 1-2 Cross rock R foot over L foot, recover weight on L foot
- 3&4 Turn ¼ R stepping R foot forward, lock L foot behind R foot, step R foot forward
- 5-6 Turn 1/2 R stepping L foot back, turn 1/2 R stepping R foot forward
- 7&8 Step L foot forward, lock R foot behind L foot, step L foot forward

Rumba Box, Forward Shuffle, Side Rock And Recover, Cross Shuffle

- 1-2 Step R foot to R side, step L foot beside R foot
- 3&4 Step R foot forward, lock L foot behind R foot, step R foot forward
- 5-6 Rock L foot to L side, recover weight on R foot
- 7&8 Cross L foot over R foot, step R foot to R side, cross L foot over R foot

Side Rock And Recover, Cross Shuffle, Vine, Touch

- 1-2 Rock R foot to R side, recover weight on L foot
- 3&4 Cross R foot over L foot, step L foot to L side, cross R foot over L foot
- 5-8 Step L foot to L side, cross R foot behind L foot, step L foot to L side, touch R toes beside L foot

Tag: After wall 5, add,

Forward Rock, Recover, Side Rock, Recover, Back Rock, Recover, Side Rock, Recover

- 1-2 Rock R foot forward, recover weight on L foot
- 3-4 Rock R foot to R side, recover weight on L foot
- 5-6 Rock R foot back, recover weight on L foot
- 7-8 Rock R foot to R side, recover weight on L foot





牆數:2