Chasing Shadows

級數: Intermediate

編舞者: Jo Kinser (UK) & John Kinser (UK) - April 2014

音樂: Chasing Shadows - Shakira : (iTunes)

Start the dance on the vocals (0:18)

[1-8] Press Sweep, Behind and Cross, Side Rock, Crossing Shuffle 1.2 Rock Rt fwd, Replace weight Lt sweeping Rt from front to back 3&4 Step Rt behind Lt, Step Lt to Lt, Step Rt across Lt 5,6 Rock Lt to Lt, Replace weight Rt 7&8 Step Lt across Rt, Step Rt to Rt, Step Lt across Rt [9-16] 1/4, 1/2, 1/4 Scissor Cross, 1/4, 1/2, Shuffle Fwd Make 1/4 turn Lt stepping Rt back (9:00), Make 1/2 turn Lt stepping Lt fwd (3:00) 1,2 3&4 Make 1/4 turn Lt stepping Rt to Rt (12:00), Step Lt next to Rt, Step Rt across Lt 5,6 Make 1/4 turn Rt stepping Lt back (3:00), Make 1/2 turn Rt stepping Rt fwd (9:00) 7&8 Step Lt fwd, Step Rt next to Lt, Step Lt fwd [17-24] And Tap Step, Coaster Step, Rock Step, Coaster Step &1.2 Step Rt fwd, Tap Lt foot behind Rt, Step Lt in place 3&4 Step Rt back, Step Lt next to Rt, Step Rt fwd 5,6 Rock Lt fwd, Replace weight Rt 7&8 Step Lt back, Step Rt next to Lt, Step Lt fwd *Note counts 5-8, Both hands come up on counts 5,6, and circle out and down on counts 7&8. [25-32] Rock Step, Shuffle 1/2, Full Turn, 1/4 Rock & Fwd 1,2 Rock Rt fwd, Replace weight Lt 3&4 Make 1/2 turn Rt stepping Rt fwd (3:00), Step Lt next to Rt, Step Rt fwd *Note counts 1-4, Right hand only comes up on counts 1,2, and circle out and down on counts 3&4. Make 1/2 turn Rt stepping Lt back (9:00), Make 1/2 turn Rt stepping Rt fwd (3:00) 5,6 Make 1/4 turn Rt rocking Lt to Lt (6:00), Replace weight Rt, Step Lt fwd 7&8 Restart Here on wall 3 facing (6:00). [33-40] Rock Step, Sweep, Sweep, Sailor 1/2 Turn, 1/2 Shuffle Back 1,2 Rock Rt fwd, Replace weight Lt 3,4 Sweep Rt from front to back stepping Rt behind Lt, Sweep Lt from front to back stepping Lt behind Rt 5&6 Make 1/2 turn Rt stepping Rt behind Lt (9:00), Step Lt in place, Step Rt fwd (12:00) 7&8 Make 1/2 turn Rt stepping Lt back (6:00), Step Rt next to Lt, Step Lt back [41-48] Diagonal Shuffle Rt, Shuffle Lt, Rock & Back, 3/8th Shuffle Lt 1&2 Make 1/8th turn Rt (7.30) stepping Rt fwd, Step Lt next to Rt, Step Rt fwd 3&4 Step Lt fwd, Step Rt next to Lt, Step Lt fwd 5&6 Rock Rt fwd, Replace weight Lt, Step Rt back 7&8 Make 3/8th turn Lt stepping Lt fwd (3:00), Step Rt next to Lt, Step Lt fwd

[49-56]□Rock Step, Coaster Step, Rock Step, Triple 3/4 Turn

- 1,2 Rock Rt fwd, Replace weight Lt
- 3&4 Step Rt back, Step Lt next to Rt, Step Rt fwd (option: Triple Full Turn Rt)
- 5,6 Rock Lt fwd, Replace weight Rt
- 7&8 Make 1/2 turn Lt stepping Lt fwd (9:00), Step Rt next to Lt, Make 1/4 turn Lt stepping Lt fwd (6:00)





拍數: 64

牆數:2

[57-64] Rock Step, Coaster Step, Rock Step, Triple Full Turn

- 1,2 Rock Rt fwd, Replace weight Lt
- 3&4 Step Rt back, Step Lt next to Rt, Step Rt fwd
- 5,6 Rock Lt fwd, Replace weight Rt
- 7&8 Make 1/2 turn Lt stepping Lt fwd (12:00), Make 1/2 turn Lt stepping Rt next to Lt (6:00), Step Lt fwd

Restart: □On Wall 3 Restart the dance again after 32 counts facing (6:00).

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