

Shag-Adelic

Count: 0

Wand: 2

Ebene: Beginner

Choreograf/in: Max Perry (USA)

Musik: Soul Bossa Nova - Quincy Jones



Sequence: AAB ABB BAB

SECTION A

STEP FORWARD, HOLD, TOUCH SIDE, HOLD, CROSS, HOLD, TOUCH SIDE, HOLD

1-4 Step right forward, hold, touch left toe to left side, hold

5-8 Step left forward & across right, hold, touch right toe to right side, hold

As a variation, flick right foot out to right side on count 8 instead of holding

STEP FORWARD & ACROSS, HOLD, TOUCH SIDE, HOLD, STEP FORWARD, STEP FORWARD & TURN ½ LEFT, STEP TOGETHER

1-4 Step right forward & across left, hold, touch left toe to left side, hold

5-8 Step left forward, hold, step right forward & turn ½ left, step left in place

RIGHT & LEFT SIDE ROCKS, FORWARD & BACK ROCK STEPS

1-4 Rock right to right side, step left in place, step right next to left, hold

5-8 Rock left to left side, step right in place, step left next to right, hold

1-4 Rock right forward, step left in place, step right next to left, hold

5-8 Rock right back, step left in place, step right next to left, hold

PARTIAL GRAPEVINE RIGHT, ROCK SIDE, CROSS, HOLD

1-4 Step right to right side, hold, cross left behind right, hold

5-8 Rock right to right side, step left in place, cross right over left, hold

TOUCH LEFT SIDE, HOLD, SLOW SAILOR SHUFFLE

1-4 Touch left to left side, hold (2, 3, 4)

5-8 Cross left behind right, step right to right side, step left in place, hold

SECTION B

2 SETS OF CHARLESTON TOUCHES

1-4 Touch right toe forward, hold, step right back, hold

5-8 Touch left toe back, hold, step left forward, hold

1-8 Repeat Charleston touches (the previous 8 counts)

STEP SIDE, HOLD, TOUCH BEHIND, STEP SIDE, HOLD, TOUCH BEHIND

1-4 Step right to right side, hold, touch left behind right, hold

5-8 Step left to left side, hold, touch right behind left, hold

STEP RIGHT SIDE, HOLD, STEP FORWARD & TURN ½ RIGHT, STEP TOGETHER, HOLD

1-4 Step right to right side, hold, step left forward, turn ½ right

5-8 Step right in place, hold, step left next to right, hold