

Shock To The System

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Munro Weston (UK)

Musik: Hangover - Betty Boo



STEP FORWARD, ¼ TURN HITCH, SCISSOR CROSS, SIDE ROCKS, WEAVE

- 1 Step forward right
- 2 ¼ turn left, with weight on the right and left hitch
- 3&4 Left scissor cross
- 5 Rock right to right side
- 6 Rock left to left side
- 7&8 Weave left, crossing behind

ROCK FORWARD AND BACK, SYNCOPATED TURN AND REPEAT

- 1-2 Rock forward left, rock back right
- 3&4 Syncopated shuffle forward (left, right, left) making half turn right (swivel pelvis forward)
- 5-6 Rock forward right, rock back left
- 7&8 Syncopated shuffle forward (right, left, right) making half turn left (swivel pelvis forward)

TOE BACK ¾ TURN, SHUFFLE RIGHT, KICKS AND CROSSES, HALF UNWIND

- 1 Point left toe back
- 2 ¾ turn left stepping on the left
- 3&4 Right shuffle to right side
- 5 Kick left forward
- & Step left to the left
- 6 Slide right to cross behind left
- & Step left to the left
- 7 Kick right forward
- & Step right to the right
- 8 Cross left in front
- & Unwind ½ turn right

HIP BUMPS, BACK ROCK ¼ TURN, SIDE AND BACK ROCK, COASTER STEP

- 1-2 Two hip bumps left with weight on the right
- 3&4 Rock left back ¼ turn left, rock onto right, step back left
- 5&6 Rock right to the right, rock onto left, step back right
- 7&8 Left coaster step

REPEAT
