

She Wolf

Count: 32

Wand: 4

Ebene: Easy Intermediate

Choreograf/in: Michael Beck (USA) - October 2009

Musik: She Wolf - Shakira



Start on Vocals

CROSS, SIDE, BEHIND, HEEL JACK, & CROSS, SIDE STEP, COASTER STEP

- 1-2 Cross right in front of left, Step left to left side
- 3&4 Step right behind left, Step back on left, Touch right heel diagonally right
- &5 Step right beside left, Step left across in front of right
- 6 Step right to right side
- 7&8 Step back with left, Step together with right, Step forward with left (12:00)

STEP, PIVOT 1/2 LEFT, FULL TURN, SHUFFLE FORWARD, ROCK, RECOVER

- 1-2 Step right forward, Pivot 1/2 turn left (6:00)
- 3 Turn 1/2 over left shoulder stepping right back (12:00)
- 4 Turn 1/2 over left shoulder stepping left forward (6:00)
- 5&6 Shuffle forward R-L-R
- 7-8 Rock forward on left, Recover back on right

COASTER STEP, ROCK, RECOVER, SAILORS STEP, SAILORS STEP-1/4 TURN LEFT

- 1&2 Step back with left, Step together with right, Step forward with left
- 3-4 Rock forward on right, Recover back on left
- 5&6 Step right behind left, Step left to left, Step right next to left
- 7&8 Step left behind right turning 1/4 left, Step on right, Step left next to right (3:00)

STEP, PIVOT 1/2 LEFT, 1/2 TRIPLE TURN LEFT, BACK ROCK, RECOVER, SHUFFLE

- 1-2 Step right forward, Pivot 1/2 turn left (9:00)
- 3&4 Turn 1/2 left doing a Right, Left, Right triple (3:00)
- 5-6 Rock back on left, Recover forward on right
- 7&8 Shuffle forward: L-R-L

REPEAT

TAG:

After completing 4 walls and facing 12:00, add this ONE TIME 16 count EASY TAG.

SIDE SHUFFLE, BACK ROCK, RECOVER. SIDE SHUFFLE, BACK ROCK, RECOVER

- 1&2 Side shuffle right: R-L-R
- 3-4 Rock back on left, Recover on right
- 5&6 Side shuffle left: L-R-L
- 7-8 Rock back on right, Recover on left

ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, COASTER STEP

- 1-2 Rock forward on right, Recover back on left
- 3&4 Step back with right, Step together with left, Step forward with right
- 5-6 Rock forward on left, Recover back on right
- 7&8 Step back with left, Step together with right, Step forward with left