

Shove It

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Roy Verdonk (NL) & Miquel Menéndez (ES) - April 2015

Musique: Shove It - Audrey Auld



Toe Heel Strut R, Cross Toe Heel Strut L, Mambo Cross R, Toe Heel Strut L, Cross Toe Heel Strut R, Mambo with 1/4 Turn R

- 1& Rf touch toes right, Rf drop heel down (taking weight on it)
- 2& Lf cross toes in front of Rf, Lf drop heel down (taking weight on it)
- 3&4 Rf rock right, recover onto Lf (&), Rf cross in front of Lf
- 5& Lf touch toes left, Lf drop heel down (taking weight on it)
- 6& Rf cross toes in front Lf, Rf drop heel down (taking weight on it)
- 7&8 Lf rock left, recover onto Rf making 1/4 turn right (&), Lf step forward (3.00)

Step R, Touch L, Step L, Touch R, Side R, Together L, Side R, Touch L , Step L, Touch R, Step R, Touch L, Step L, Together R, Step L

- 1& Rf step right, Lf touch together (&)
- 2& Lf step left, Rf touch together (&)
- 3& Rf step right, Lf step together (&)
- 4& Rf step right, Lf touch together (&)
- 5& Lf step left, Rf touch together (&)
- 6& Rf step right, Lf touch together (&)
- 7& Lf step left, Rf step together (&)
- 8 Lf step left

Jazzbox With 1/4 Turn R, Heel/Flick/Step (2X)

- 1-2 Rf cross in front of Lf, Lf step back
- 3-4 make 1/4 turn right stepping Rf right, Lf step forward (6.00)
- 5&6 Rf touch heel forward, Rf flick heel right (&), Rf step forward
- 7&8 Lf touch heel forward, Lf flick heel left (&), Lf step forward

Step, 1/2 Turn L, Step, 1/2 Turn L, Step, 1/4 Turn L With Hitch, Walks L/R/L

- 1-2 Rf step forward, make 1/2 turn left stepping Lf forward
 - 3-4 Rf step forward, make 1/2 turn left stepping Lf forward
 - 5-6 Rf step forward, make 1/4 turn left hitching left knee up
 - 7&8 Lf step forward, Rf step forward (&), Lf step forward
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