

15 Minutes

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Tiziana Nastasi (IT) - October 2016

Musique: 15 Minutes - Rodney Atkins



SHUFFLE, ROCK STEP, SIDE TOGETHER and CLAP X 2

- 1&2 Chassè side right-left-right
- 3-4 Rock left behind, recover to right
- 5-6 Step left side, touch together and clap
- 7-8 Step right side, step together and clap

TOE STRUT, TOE STRUT, STEP ¼ R, WALK, STOMP X 2

- 1-2 Touch right toe over left, drop right heel
- 3-4 touch left toe back, drop left heel
- 5-6 ¼ turn right and step right forward, step left forward
- 7-8 Stomp right next left twice

ROCKING CHAIR, PIVOT, HOP R FW, STOMP TOGHETER

- 1-2 Rock right forward, recover to left
- 3-4 Rock right back, recover to left
- 5-6 Step right forward, ½ turn left (weight on the left)
- 7-8 Hop right forward, stomp left together

HIP BUMPS X2 R, HIP BUMP X2 L, SWIVEL

- 1-2 push hips right twice
- 3-4 push hips left twice
- 5-8 twist heels to the right, twist toes to the right, twist heels to the right, twist toes to the center

REPEAT

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