

Montana

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Carles Llebot

Musique: I'm In Good Shape For The Shape I'm In - Kent Gray



TOUCH, STRUT, TOUCH, STRUT

- 1-2 Touch right toe to right, touch right toe next left
- 3-4 Strut right heel forward, down right toe
- 5-6 Touch left toe to left, touch left toe next to right
- 7-8 Strut left heel forward, down left toe

CHA-CHA, ROCK STEP, CHA-CHA ½ TURN, 360 TURN, STOMPS

- 9&10 Right shuffle forward: right, left, right
- 11-12 Rock left forward, recover on right
- 13&14 Step backward on left turning ½ to left & right next to left step forward on left
- 15-16 Step forward on right turning ½ to left, step backward on left turning ½ to left
- 17-18 Stomp forward on right, stomp forward on left

ROCK STEP TURNING ¾, CHA-CHA, MILITARY TURN, STOMPS

- 19-20 Rock right to right, recover on left turning ¾ to right
- 21&22 Right shuffle forward: right, left, right
- 23-24 Step forward on left, turning ½ to right
- 25&26 Left shuffle forward: left, right, left
- 27-28 Step right forward, turn ½ to left
- 29-30 Step forward on right turning ½ to left, step backward on left turning ½ to left
- 31-32 Stomp forward on right, stomp forward on left

REPEAT
