

Shrek's Best

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Rita M. Kyle (USA)

Musique: Best Years of Our Lives - Baha Men



STEP FORWARD, ROCK, TRIPLE, STEP BACK, ROCK, TRIPLE

Accentuated hip movement throughout dance

- 1-2 Step forward with right, rock back to left
- 3&4 Bring right to center triple in place right-left-right
- 5-6 Step back with left, rock forward on right
- 7&8 Bring left to center triple in place left-right-left

HIP BUMPS

- 9-10 Bump hips to the right twice
- 11-12 Bump hips to the left twice
- 13-16 Circle hips right to left twice (to the right)

ROCKING CHAIRS

- 17-18 Step rock forward on right, rock back on left
- 19-20 Step rock back on right, rock forward on left
- 21-24 Repeat 17-20

RIGHT, LEFT, TRIPLE, ROCK SAILOR

- 25-28 Right to right, left behind right, triple in place right-left-right
- 29-30 Rock forward on left, back on right
- 31&32 Left behind right, right to right, step on left beside right

CROSS ROCKS, TRIPLE IN PLACE

- 33-34 Step right across left, rock on left
- 35&36 Bring right to center as triple in place right-left-right
- 37-38 Step left across right, rock on right
- 39&40 Bring left to center as triple in place left-right-left

ROCK FORWARD ½ TURN, TRIPLE IN PLACE, REPEAT

- 41 Rock forward on right
- 42 Shift weight to left as turn ½ right bringing right around
- 43&44 Triple in place right-left-right
- 45 Rock forward on left
- 46 Shift weight to right as turn ½ left bringing left around
- 47&48 Triple in place left-right-left

JAZZ BOX WITH TOE STRUTS

- 49-50 Step right toe over left, snap right heel down
- 51-52 Step back with left toe, snap left heel down
- 53-54 Step side right with right toe, snap right heel down
- 55-56 Step center with left toe, snap left heel down

SHUFFLE, TURN ¼, CROSS SHUFFLE, ROCK

- 57&58 Shuffle forward right-left-right
- 59-60 Step forward with left, pivot ¼ right shifting weight to right
- 61&62 Cross shuffle left-right-left (cross left over right, right to right, left to right keeping in front of right)

63 Rock-step right to right
64 Step on left

REPEAT
