

Shiftwork

Compte: 32

Mur: 4

Niveau: Beginner



Chorégraphe: Helen Born (USA) & Nita Lindley (USA) - January 2008

Musique: Shiftwork - Kenny Chesney & George Strait : (CD: Just Who I Am: Poets & Pirates)

ROCK RIGHT & LEFT, TRIPLE STEPS

1-2-3&4 Rock right behind left, recover left, triple in place right, left, right

5-6-7&8 Rock left behind right, recover right, triple in place left, right, left

FORWARD ROCK, BACK ROCK, TRIPLES IN PLACE

1-2-3&4 Rock forward right, recover left, triple in place right, left right

5-6-7&8 Rock back left, recover right, triple in place left, right, left

RIGHT & LEFT LOCK STEPS, SHUFFLES FORWARD

1-2-3&4 Step right forward, lock left behind right, forward shuffle right, left, right

5-6-7&8 Step left forward, lock right behind left, forward shuffle left, right, left

PIVOT ½ LEFT SHUFFLE, PIVOT ¼ RIGHT TRIPLE IN PLACE

1-2-3&4 Step right forward, pivot ½ left, shuffle forward right, left, right

5-6-7&8 Step left forward, pivot ¼ right, triple in place left, right left

Begin again
