

Shove It

拍数: 32 墙数: 4 级数: Improver
编舞者: Roy Verdonk (NL) & Miquel Menéndez (ES) - April 2015
音乐: 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
