

拍数: 32 墙数: 4 级数: Improver
编舞者: Annie Briand (FR) - December 2015
音乐: Shut Up and Fish - Maddie & Tae : (CD: Start Here)



Intro : 32 counts - Style : East Coast Swing (125 bpm)
Phrasé : 2 Tags (repetition of section 4) + a 2 counts Tag

Traduction : Annie(Dance) Briand

SECTION I: KICK BALL CROSS X2, SIDE ROCK R, BEHIND SIDE CROSS

1 & 2 Kick RF on R diagonal. Step ball of RF beside LF. Cross LF over RF.
3 & 4 Kick RF on R diagonal. Step ball of RF beside LF. Cross LF over RF.
5 - 6 Side Rock Step on RF. Recover on LF.
7 & 8 Cross RF behind LF. Step LF to L. Cross LF over RF. [12:00]

SECTION II: SAILOR SHUFFLE L then R, SIDE ROCK L with 1/4 TURN R, SHUFFLE FORWARD

& 1 & 2 Step LF to L. Touch R Heel on R diagonal. Step ball of RF beside LF. Cross LF over RF.
& 3 & 4 Step RF to R. Touch L Heel on L diagonal. Step ball of LF beside RF. Cross RF over LF.
5 - 6 Side Rock Step on LF. Recover on RF making 1/4 turn R. [3:00]
7 & 8 Step LF forward. Step RF beside LF. Step LF forward.

SECTION III: ROCK STEP FWD R, COASTER STEP (or TRIPLE FULL TURN R), ROCK FWD L, TRIPLE 1/2 TURN L

1 - 2 Rock Step forward on RF. Recover on LF.
3 & 4 Coaster Step : Step back on RF. Step LF beside RF. Step RF forward.
Option Triple Full Turn R on RF-LF-RF
5 - 6 Rock Step forward on LF. Recover on RF.
7 & 8 Triple 1/2 Turn L : 1/2 turn L stepping LF forward. Step RF beside LF. Step LF forward. [9:00]

SECTION IV: CROSS, BACK (or FULL TURN UNWIND), SIDE CHASSÉ R, BACK ROCK STEP L, SIDE, TAP

1 - 2 Cross RF over LF. Step back on LF (as if you are starting a Jazz Box).
Option Cross RF over LF. Unwind Full turn L (ending on LF).
3 & 4 Step RF to R side. Step LF beside RF. Step RF to R side.
5 - 6 Back Rock Step on LF. Recover on RF.
7 - 8 Step LF to L side. Tap RF beside LF (weight on LF).

START AGAIN

Tag 1 : This tag is a repetition of section 4 (8 counts)
At the end of wall 4 (facing 12:00) and at the end of wall 7 (facing 3:00) dance again the section 4 (last section).

Tag 2 : At the end of wall 8 : add two "Heel Bounce" (RF) (facing 12:00)

Final The dance ends on wall 11, on counts 7 & 8 of the section 3 : replace the Triple 1/2 turn L with 3/4 turn L to finish facing 12:00... TA DAH !!

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