

Kopfweh Shuffle

拍数: 32 墙数: 4 级数: Beginner
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音乐: Heut' Abend hab' ich Kopfweh (Neuaufnahme 2000) - Ireen Sheer



(It Means: Headache Shuffle)

Start: after 32 counts

Side-Rock, Cross-Shuffle, Side, ¼-Turn R, Shuffle Forw. □□□□□

1, 2 RF Rock step to right, Recover weight to LF - 12
3&4 Cross RF over LF, Step on LF to RF, Cross RF over LF
5, 6 LF Step to left, ¼ turn right with RF Step to right - 3
7&8 LF Step forward, Step on RF beside LF, LF Step forward

Rock Step Forw., ½-Tripleturn R, Rock Step Forw., ¼-Turn L With Sailorstep

1, 2 RF Rock step forward, Recover weight to LF
3&4 RF Step ¼ side turning right, Step on LF beside RF, RF Step ¼ forward turning right - 9
5, 6 LF Rock step forward, Recover weight to RF
7&8 ¼ turn left with Cross LF behind RF, RF Step to right, LF small Step forward □ - 6

Rock Step Forw., Shuffle Back, Rock Step Back, Shuffle Forw.

1,2 RF Rock step forward, Recover weight to LF
3&4 RF Step back, Step on LF beside RF, RF Step back
5, 6 LF Rock step back, Recover weight to RF
7&8 LF Step forward, Step on RF beside LF, LF Step forward

¼-Turn L With Side, Slide, Rock Step Back, Side, Touch, Kick-Ball-Cross

1, 2 ¼ turn left with RF long Step to right, Slide LF to RF, □ - 3
3, 4 LF Rock step back, Recover weight to RF
5, 6 LF Step to left, Touch with RF beside LF
7&8 RF Kick forward, Step on RF beside LF, Cross LF over RF

Tag at the End of 2. / 6. / 10. wall (always 6 o'clock):

Rocking Chair R

1, 2 RF Rock step forward, Recover weight to LF
3, 4 RF Rock step back, Recover weight to LF

Sorry, my English is not so good - Tanzbeschreibung gibt es auch auf Deutsch

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