

Shady

拍数: 32 墙数: 2 级数:
编舞者: Helen Born (USA) - February 2017
音乐: Shady (feat. Nile Rodgers & Sam Sparro) - Adam Lambert



Grind Right & Left Heels, Coaster Steps

1-2 Step forward right grind heel, toes goes left then right
3&4 Right coaster step
5-6 Step forward left grind heel, toes goes right then left
7&8 Left coaster step

Forward Right Lock Pops, Shuffle, ½ turn Right

1-2 Step forward right, lock left behind as you pop right knee
3-4 Repeat counts 1-2
5&6 Shuffle forward right, left, right
7-8 Step forward on left, pivot ½ right

Left & Right Points, Right & Left Sailor Steps

1-2& Point left to left, hold, bring left to right
3-4 Point right to right, hold
5&6 Right sailor step
7&8 Left sailor step

Lean Diagonally Right & Left, tap Heel Taps

1-2-3-4 Lean Diagonally forward on right, tap heels 4 times
5-6-7-8 Lean Diagonally forward on left, tap heels 4 times

Tag & Restart 1-2 Counts, After Wall 3Dance First 8 Counts, Put Hands High on Chest Exhale Twice, Restart Dance.
