

# Shades On

拍数: 32      墙数: 2      级数: Easy Beginner  
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音乐: Shades On - The Vamps



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## Walk forward RLR, kick forward with L, Walk back LRL, touch R

1-4      Walk forward R, L, R, Kick your left foot forward  
5-8      Walk back L,R,L Touch your right toe next to your L foot

## Vine Right, Vine Left with ¼ turn

1-4      Step out R to R side, L foot behind R, out with R, touch left foot next to R  
5-8      Step out L to L side, R foot behind L, out with L making a ¼ turn to L, touch R next to L

## Large Step R, Touch L, Hip Shake, Large Step L, Touch R, Hip Shake

1-2      Take a large step forward at a diagonal with R foot, bring L together and touch  
3&4      Shake/ roll hips  
5-6      Take large step forward at a diagonal with L foot, bring R together and touch  
7&8      Shake/ roll hips

## Vine Right, Vine Left with ¼ turn

1-4      Step out R to R side, L foot behind R, out with R, touch left foot next to R  
5-8      Step out L to L side, R foot behind L, out with L making a ¼ turn to L, touch R next to L

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