

# She Wolf

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Hiroko Carlsson (AUS) - August 2021  
音乐: She Wolf - Shakira : (Spotify / iTunes)



(Dance starts on main lyrics)

## [S1] Step-Ball Turn 3/4R, Fwd Mambo, Side Mambo

1&2&      Make a 1/4 turn right stepping forward on R, Step on ball of L, Make a 1/4 turn right stepping forward on R, Step on ball of L  
3&4      Make a 1/4 turn right stepping forward on R, Step on ball of L, Step forward on R (9:00)(done as a smooth clockwise circle)  
5&6      Rock forward on L, Recover weight on R, Step L next to R  
7&8      Rock R to the side, Recover weight on L, Step R next to L

## [S2] Step-Ball Turn 3/4L, Side Mambo, Step-Heel Swivels

1&2&      Make a 1/4 turn left stepping forward on L, Step on ball of R, Make a 1/4 turn left stepping forward on L, Step on ball of R  
3&4      Make a 1/4 turn left stepping forward on L, Step on ball of R, Step forward on L (12:00)(done as a smooth anti-clockwise circle)  
5&6      Rock R to the side, Recover weight on L, Step R next to L  
7&8      Step forward on L (weight on both feet), Swivel R heel to right/swivel L heel to left, Recover heels to the centre (weight ends on L)\*\*

## [S3] Step-Pivot 1/4L, Lock Step Fwd, Back Hop & Lock Steps (Travelling Diagonal)

1 2      Step forward on R, Make a 1/4 turn left recover weight on L (9:00)  
3&4      Step forward on R, Lock L behind R, Step forward on R (prep for pushing back)  
&5&6      Travelling diagonally left-backwards- Hop back on L, Lock R over L, Hop back on L, Lock R over L  
&7&8      Same as above- Hop back on L, Lock R over L, Hop back on L, Lock R over L

## [S4] Back, Side, Cross Shuffle, Hinge 1/2L Turn, Cross Rock

1 2      Step back on L, Step R to the side  
3&4      Cross L over R, Step R close to L, Cross L over R  
5 6      Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping L to the side (3:00)  
7 8      Rock across R over L, Recover weight on L

Restart: On Wall 4 Count 16\*\* (9:00)

Ending suggestion: The last wall starts facing 12:00, dance up to count 30 (S4 count 6) step change to-

7 8      Rock across R over L, Recover weight on L while making a 1/4 turn left (stepping back on L facing the front)

Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
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