

Shivers Fast

拍数: 32 墙数: 2 级数: Beginner
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音乐: Shivers - Ed Sheeran



#16 COUNT INTRODUCTION - NO TAGS OR RESTARTS

Toe Heel Struts -- 4 counts

- 1-2 Touch Right toe forward and then heel down.
- 3-4 Touch left toe forward and then heel down.

Jazz Box with 1/4 turn to the right -- (4 counts)

- 5-6 Cross step R over L, step back on L
- 7-8 Turn 1/4 right stepping R to right side, step L beside R

Shuffles with Rock Recover - (8 counts)

- 9-10 One 3-step shuffle to the right (right-left-right)
- 11-12 Rock back on left, rock forward on right
- 13-14 One 3-step shuffle to the left (left-right-left)
- 15-16 Rock back on right, rock forward on left

Monterey ¼ Turn Right (4 counts)

- 17-18 Point Right side right (5), Turn ¼ right on ball of left- Step down on Right (6)
- 19-20 Point Left side left (7), Step Left beside right (8)

Rocking Chair (4 counts)

- 21-22 Rock right forward, recover to left
- 23-24 Rock right back, recover to left

Modified Rumba Box with shuffles (8 counts)

- 25-26 Step R to side (1), step L together (2)
- 27-28 Shuffle forward right, left, right
- 29-30 Step Left to side (5), step Right together (6)
- 31-32 Shuffle back left, right, left

Last Update 16 Oct. 2021
