

Shoulders

拍数: 48 墙数: 2 级数: Low Intermediate
编舞者: Elaine Cook (CAN) & I.C.E. (ES) - February 2022
音乐: Shoulders - Johnny Reid : (Album: Revival)



Intro: 8 counts (approx. 7 secs – start just before main vocals)

****Special thanks for the ongoing mentorship of Rob Fowler and the support of the ICE Pixies**

S1: R Rock Recover & L Rock Recover, Step L ¼ L, Walk R, L, R, L Mambo ½ L

12&,34& Cross rock R over L, recover L, step R side, cross rock L over R, recover R, step L ¼ L 9:00
5,6,7 Walk forward R, L, R (can do cross walks for styling)
8&1 Rock L forward, recover R, step L ½ L 3:00

S2: R Scissor, L Scissor, ¼ L, ¼ L, Rock R Forward, Recover L, Step R ¼ R

2&3,4&5 Step R side, step L beside R, cross R over L, step L side, step R beside L, cross L over R
6&7 Make ¼ turn L stepping back on R, make ¼ turn L stepping forward L, rock R forward 9:00
8& Recover L, step R ¼ R 12:00

S3: L Rock Recover & R Rock Recover, Step R ¼ R, Walk L, R, L, Step R, Pivot ½ L, ½ L

12&,34& Cross rock L over R, recover R, step L side, cross rock R over L, recover L, step R ¼ R 3:00
5,6,7 Walk forward L, R, L
8&1 Step R forward, make ½ turn L (weight forward on L), make ½ turn L stepping back on R

S4: L Coaster, R Cross, L Ballstep 1/8 R, Walk ½ R stepping R,L,R,L

2&3 Step L back, step R beside L, step L forward
4& Cross R over L, rock on ball of L to L side turning 1/8 R 4:30
5,6,7,8 Make ½ turn R walking R, L, R, L 10:30

S5: Modified R Rocking Chair, L Lock Forward, R Step Forward, L Step, Pivot ½ R

1,2,3,4 Staying on diagonal rock R forward, recover L, rock R back, recover L (this is the first step of the lock)

Restart: Wall 2 starts at 6:00: Restart dance here after 36 counts

&5,6 Step R slightly behind L, step L forward, step R forward
7,8 Step L forward, make ½ turn R (weight forward on R) 4:30

S6: ½ R, R Lock Back, L Coaster, R Step, Pivot ½ L, R Ballstep, L Side

1,2&3 Make ½ turn R stepping back on L, step R back, step L slightly across R, step R back 10:30
4&5 Step L back, step R beside L, step L forward
6,7,8& Step R forward, make ½ turn L (weight forward on L), rock on ball of R to R side, recover on L 4:30

Start Over

Ending: At the end of Wall 5, Step R Forward and pose. 12:00

Choreographer's Note: On Wall 4, in S5 & S6, the music feels slower. There is no music on Counts 2-8 of S6. From Count 1 in S6, count 2-8 in your head as you do the steps – don't rush it. It will phrase to when the music starts again for the beginning of the dance. Please see my demo and walk-through videos.

Last Update - 18 Feb 2022