

Shang-a-Lang

拍数: 32 墙数: 4 级数: Improver
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音乐: Shang-A-Lang - Bay City Rollers : (Album : The Essential Bay City Rollers)



Intro : 32 counts from the beginning

[1-8] R Diagonal Lock Steps with a scuff, L Diagonal Lock Steps with a scuff

1-2 Step R diagonally forward to the right (1), Lock L behind R(2)
3-4 Step R diagonally forward to the right(3), Scuff L(4)
5-6 Step L diagonally forward to the left (5), Lock R behind L(6)
7-8 Step L diagonally forward to the left(7), Scuff R(8)

[9-16] Jazz Box with a ¼ right, Out Out In In (V-shape)

1-2 Cross R over L(1), Step L back(2)
3-4 Turning ¼ right, step R to right(3), Step L beside R(4) (facing 3.00)

(There is a restart here on wall 5)

5-6 Step R diagonally forward to right(5), Step L out to left(6)
7-8 Step R back to centre(7), Step L beside R(8)

[17-24] Vine Right with clap, Roll Left with clap

1-2 Step R to right(1), Step L behind R(2)
3-4 Step R to right(3), Touch L beside R and clap(4)
5-6 Turning ¼ left, step L forward(5), Turning a further ½ left, step R back(6)
7-8 Turning ¼ left, step L to left(7), Touch R beside L and clap(8) (facing 3.00)

(Option: on counts 5-8, Vine left instead of Roll)

[25-32] Diagonal Forward with touches and claps, Forward Rock ½ right, Walk, Walk

1-2 Step R forward into right diagonal(1), Touch L beside R and clap(2)
3-4 Step L forward into left diagonal(3), Touch R beside L and clap(4)
5-6 Rock R forward(5), Recover weight onto L turning ½ right(6) (facing 9.00)
7-8 Walk forward R(7), L(8)

Restart : There is a restart after count 12 of wall 5 (facing 3.00)

Tag : At the end of wall 9 (facing 3.00), add a 4-count tag

[1-4] Rocking Chair

1-2 Rock R forward(1), Recover weight onto L(2)
3-4 Rock L back(3), Recover weight onto L(4)

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