

Let's Shout

拍数: 0 墙数: 2 级数: Intermediate
编舞者: Duncan Taylor (CAN)
音乐: Let's Shout (Baby Work Out) - Colin James



The artist sings "Come out here on the floor" .start the dance on the word "floor"
The sequence is A, B, A, B, A, A, A, B, A, A.

PART A

STEP & HOLD, BALL STEP & HOLD, ROCK STEP ½ TURN SHUFFLE

1-2&3-4 Step forward right, hold (&clap), step left to right, step right forward, hold (clap)
5-6-8&8 Rock forward left, right in place, ½ shuffle left left-right-left
9-16 Repeat steps 1-8

CROSS SHUFFLE, SIDE SHUFFLE, CROSS ROCK, SHUFFLE IN PLACE

17&18 Cross right in front of left, shuffle to left right-left-right.
19&20 Shuffle to left left-right-left.
21-22 Cross right over left rocking forward, left in place
23&24 Shuffle in place right-left-right

TRAVELING HEEL GRINDS, CROSS ROCK, SHUFFLE IN PLACE

25-26 Touch left heel across & in front of right, step right to right (grinding left heel right to left)
27-28 Repeat counts 25-26
29-30-31&32 Cross left over right rocking forward, right in place, shuffle in place left-right-left.

STEP HITCH, STEP HITCH, OUT OUT HOLD, IN IN HOLD

33-34-35-36 Step forward right, hitch left (clap), step forward left, hitch right (clap)
&37-38 Step out on right slightly to right side, step out on left slightly to left side, hold (clap)
&39-40 Step home on right, step home on left, hold (clap)

TOUCH ½ TURN, HIP BUMPS

41-42 Touch right toe back, make ½ turn to right (weight on left)
43-44-45 Bump hips right-left-right. (weight on right)
46-47-48 Step forward left going into a left hip bump, bump hips right & left

PART B

1-2-3&4 Rock forward right, left in place, shuffle in place right-left-right
5-6-7&8 Rock forward left, right in place, shuffle in place left-right-left