

Next Best Superstar

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Caz Mawby (UK)
音乐: Next Best Superstar - Melanie C



FORWARD ROCK SHUFFLE ½ TURN SHUFFLE ½ TURN BACK ROCK

- 1-2 Rock forward onto right, recover weight back on left
- 3&4 Over right shoulder shuffle ½ turn forward on a right, left, right
- 5&6 Over right shoulder shuffle ½ turn back on a left, right, left
- 7-8 Rock back onto right, recover weight forward on left

HITCH BALL CROSS TWICE (TRAVELING TO RIGHT) SIDE ROCK CROSS UNWIND ¾ TURN

- 1&2 Hitch right knee across left, place ball of right to side, cross left over right
- 3&4 Repeat counts 1&2
- 5-6 Rock right out to side, recover weight on left
- 7-8 Cross right over left, unwind ¾ turn left

WALK FORWARD RIGHT LEFT KICK BALL STEP STEP PIVOT ¾ TURN SIDE ROCK

- 1-2 Walk forward right, left
- 3&4 Kick right forward, step right ball to place, step forward on left
- 5-6 Step forward onto right, pivot ¾ turn left
- 7-8 Rock right out to side, recover weight on left

CROSS SHUFFLE SIDE ROCK ¼ TURN SHUFFLE FORWARD FULL TURN FORWARD

- 1&2 Cross right over left, step left to side, cross right over left
- 3-4 Rock left out to side making a ¼ turn, recover weight on right
- 5&6 Step forward onto left, close right up to left, step forward onto left
- 7-8 Make a ½ turn stepping back on right, ½ turn stepping forward on left

REPEAT

TAG

Danced once only after 3rd wall then start dance from beginning

ROCKING CHAIR STEP PIVOT ½ TURN TWICE

- 1-4 Rock forward onto right, recover weight back on left, rock back onto right, recover weight forward on left
- 5-8 Step forward onto right, pivot ½ turn left, step forward onto right, pivot ½ turn left

OPTIONAL ENDING

Continue the shuffle ½ turns from section 1 to face front wall