

Nobody's Perfect

拍数: 60 墙数: 4 级数: Intermediate
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音乐: What a Way to Wanna Be! - Shania Twain



KICK BALL CHANGE, ROCK FORWARD BACK, JUMP OUT CLAP, KICK BALL CHANGE

- 1&2 Right kick ball change - kick right foot forward, (on the spot) step right together, step left next to right
- 3-4 Step right forward, rock back onto left
- &5-6 Jump feet out stepping right to right side, and left to left side, clap
- 7&8 Left kick ball change - kick left foot forward, (on the spot) step left together, step right next to left

ROCK FORWARD BACK, JUMP OUT CLAP, CHANGE ½ PIVOT, BALL CHANGE, STOMP

- 1-2 Step left forward, rock back onto right
- &3-4 Jump feet out stepping left to left side, and right to right side, clap
- &5-6 Step onto left, step right forward, pivot ½ turn left, (take weight onto left)
- &7-8 Step right next to left, step left forward, stomp right next to left

RIGHT SIDE ROCK, CROSS SHUFFLE, LEFT SIDE ROCK, STEP CROSS, STEP ¼

- 1-2 Step right to right side, rock weight onto left
- 3&4 Shuffle to the left side - right-left-right - crossing the right over the left (cross shuffle)
- 5-6 Step left to left side, rock weight onto right
- 7-8 Step left over right, turning ¼ turn left step right back

¼ TURN SHUFFLE, HEEL BALL STEP, STOMP BOUNCE, HEEL SWITCH

- 1&2 Turning to the left shuffle left-right-left to the left side
- 3&4 Right heel ball step - place right heel forward, step onto right, step left forward
- 5-6 Stomp right beside left, heel bounce - raise both heels off floor, drop both heels
- 7&8& Place right heel over in front of left foot, step right beside left, place left heel over in front of right, step left beside right

DOUBLE RIGHT HEEL, SWITCH LEFT-RIGHT, DOUBLE LEFT HEEL, CHANGE ½ PIVOT

- 1-2 Double tap right heel over left
- &3&4& Step right beside left, place left heel over right, step left beside right, place right heel over left, step right beside left
- 5-6 Double tap left heel over right
- &7-8 Step left beside right, step right forward, pivot ½ turn left

SHUFFLE FORWARD, FULL TURN, MAMBO ROCK FORWARD, COASTER

- 1&2 Right shuffle forward, right-left-right
- 3-4 Turning a full turn right step left then right (traveling forward)
- 5&6 Step left forward, rock back onto right, step left back
- 7&8 Right coaster step - step right back, step left beside right, step right forward

LEFT SAMBA, RIGHT SAMBA, ¾ TURN RIGHT, SHUFFLE FORWARD

- 1&2 Left side samba - step left to left side, replace weight onto right, step left over right
- 3&4 Right side samba - step right to right side, replace weight onto left, step right over left
- 5-6 Turning ¼ right step left back, turning ½ turn right step right forward
- 7&8 Shuffle forward left-right-left

4 HIPS - RIGHT-LEFT-RIGHT-LEFT

1-4

Step right to right side slightly - sway hips right-left-right-left

REPEAT

RESTART

During the 3rd wall complete the shuffle forward, You should be facing the front wall again, Now instead of turning the full turn, just step forward left and stomp the right next to the left
