

# Pins And Needles

拍数: 32      墙数: 4      级数: Improver  
编舞者: Jan Brookfield (UK)  
音乐: Jagged Edge of a Broken Heart - Bering Strait



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## TOE STRUTS FORWARD, KICK-BALL-STEP, ROCK STEP

1-4            Right strut forward, toes then heel, left strut forward, toes then heel  
5&6           Kick right forward, step back on right, step forward on left  
7-8           Step right forward, rock back onto left

## COASTER, HALF PIVOT, HALF TURN SHUFFLE, ROCK STEP

9&10          Step back on right, step left next to right, step forward on right  
11-12        Step left forward, pivot half turn over right shoulder (weight now on right)  
13&14        Shuffling on left, right, left make a half turn over right shoulder  
15-16        Rock back on right, rock forward onto left

## SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

17-18        Step right to right side, rock onto left  
19&20        Shuffle right, left, right across in front to left side  
21-22        Step left to left side, rock onto right  
23&24        Shuffle left, right, left across in front of right to right side

## QUARTER TURN LEFT, COASTER, ROCK STEP, HALF TURN SHUFFLE

25-26        Step right to side, making a quarter turn to left step back on left  
27&28        Step back on right, step on left next to right, step right forward  
29-30        Step left forward, rock back onto right  
31&32        Making a half turn over left shoulder, shuffle forward on left, right, left

**REPEAT**

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