

Secrets

拍数: 32 墙数: 2 级数: Beginner
编舞者: Emma Thompson (UK)
音乐: No One Needs to Know - Shania Twain



RIGHT GRAPEVINE WITH TURN AND HITCH, LEFT GRAPEVINE, HEELS OUT AND TOGETHER

- 1-4 Step to right, cross left behind right, step right to right side, make $\frac{1}{2}$ turn right on ball of right foot hitching left knee
- 5-7 Step to left, cross right behind left, step left to left side
- &8 Turn both heels outwards, bring heels back in together

RIGHT GRAPEVINE WITH TURN AND HITCH, LEFT GRAPEVINE, HEELS OUT AND TOGETHER

- 1-4 Step to right, cross left behind right, step right to right side, make $\frac{1}{2}$ turn right on ball of right foot itching left knee
- 5-7 Step to left, cross right behind left, step left to left side
- &8 Turn both heels outwards, bring heels back in together

RIGHT SHUFFLE TURNING $\frac{1}{4}$, STEP, SWEEP, SHOULDER BUMPS

- 1-4 Step right to right side, bring left next to right, step right to right side turning $\frac{1}{4}$ right, step left forward
- 5-6 Sweep right foot round making $\frac{1}{2}$ turn left
- 7-8 Raise right shoulder leaving left shoulder down, raise left shoulder while bring right shoulder down

LEFT SHUFFLE, STEP, $\frac{1}{2}$ TURN, RIGHT SHUFFLE, STEP, $\frac{1}{4}$ TURN, TOUCH

- 1&2 Step left forward, bring right next to left, step left forward
- 3-4 Step right forward, make $\frac{1}{2}$ turn left
- 5&6 Step right forward, bring left next to right, step right forward
- 7-8 Step left forward, make $\frac{1}{4}$ turn right, touch right toe next to left

REPEAT
