

Shadows

拍数: 48 墙数: 4 级数: Beginner
编舞者: Ros Brander-Stephenson (UK)
音乐: Shadows In the Night - Scooter Lee



HIP SWAYS, 1 ½ TURNS LEFT

1-2 Step right foot forward on right diagonal and sway hips forward and back
3-4 Sway hips forward, step diagonally forward left on left
5-6 Sway hips forward and back
7-8 Sway hips forward, step diagonally forward right on right
9-10 Sway hips forward and back
11-12 Sway hips forward, step left foot beside right
13-16 Make 1 ½ turns left stepping left, right, left, right

REPEAT SECTION 1

17-32 Repeat steps 1-16

ROCK RIGHT, COASTER STEP, ROCK LEFT, COASTER STEP

33-34 Rock right to right side, recover weight onto left foot
35&36 Step back on right, step back on left, step forward on right
37-38 Rock left to left side, recover weight onto right foot
39-40 Step back on left, step back on right, step forward on left

TOE POINTS, SWEEPING TURNS, TRIPLE STEPS IN PLACE

41-42 Point right toe to right side, sweep it ¼ turn to right turning body ¼ turn to right
43&44 Step right, left, right in place
45-46 Point left toe to left side, sweep it ½ turn to left turning body ½ turn to left
47&48 Step left, right, left in place

REPEAT
