

Sham Rock Shake

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Tell Me Ma - Sham Rock



STEP, KICK, CROSS-BALL-CHANGE, CROSS-BALL-CHANGE

- 1-2 Step forward on right foot, kick left foot forward
3&4 Cross left foot in front of right, step right foot to right side, rock weight onto left foot (forward left sailor step)
5&6 Cross right foot in front of left, step left foot to left side, rock weight onto right foot (forward right sailor step)

TWO-PART MILITARY TURN, ½ TURN TRIPLE IN PLACE

- 7-8 Step forward with left foot, pause 1 beat (clap)
9-10 Pivot half turn right on balls of both feet, pause 1 beat (clap)
11&12 Step left, right, left in place completing half turn to the right (turning 3 step shuffle)

WALK, WALK, TOUCH-SCUFF-STEP

- 13-14 Step forward right, step forward left
15&16 Touch right toe behind left foot, scoot back on left foot, step back on right foot

SHUFFLES, CROSS, UNWIND, BUMP-BUMP

- 17&18 Shuffle forward left-right-left
19&20 Shuffle forward right-left-right
21-22 Cross left over right, unwind three quarter turn to the right
23-24 Do the shamrock shake ie bump hips forward twice while holding hands behind your head or anything else you can think of.

HEEL TAP SCOOTS

- 25& Touch left heel forward, hitch left & scoot forward on right foot
26& Touch left heel forward, hitch left & scoot forward on right foot
27& Touch left heel forward, hitch left & scoot forward on right foot
28& Touch left heel forward, hitch left & scoot forward on right foot

HEEL AND TOE TAPS

- 29& Touch left heel forward, step weight onto left foot
30& Touch right heel forward, step weight onto right foot
31& Touch left toe behind right foot, step weight onto left foot
32 Touch right beside left (weight remains on left)

REPEAT

OPTIONAL STEPS 25 -28

(MEDIUM)

- 25& Touch left heel forward, hitch left & scoot forward on right foot
26 Touch left heel forward
27&28 Clap hands 3 times
& Lift left heel off floor

(EASY)

- 25& Touch left heel forward, lift left heel off floor
26& Touch left heel forward, lift left heel off floor
27& Touch left heel forward, lift left heel off floor

28& Touch left heel forward, lift left heel off floor

TRY AND ADD THE FOLLOWING TO STEPS 29-32

29 Clap hands at waist level on count 29

30 Clap hands above head on count 30

31 Clap hands behind your back on count 31

32 Clap hands in front on count 32
