

Shero

拍数: 40 墙数: 0 级数:
编舞者: Lois Lightfoot (UK)
音乐: Shero - The Bellamy Brothers



Position: Side by side position

ROCK SHUFFLE ½ TURN, ROCK SHUFFLE ¼ TURN

1-2 Rock forward onto right foot, rock back onto left foot
3&4 Make ½ turn to right stepping right, left, right
5-6 Rock forward onto left, rock back onto right
7&8 Make ¼ turn to left stepping, left, right, left

CROSS ROCK, SHUFFLE, CROSS ROCK, SHUFFLE ¼ TURN

1-2 Cross rock right over left, rock back onto left
3&4 Shuffle in place, right, left, right
5-6 Cross rock left over right, rock back onto left
7&8 Make ¼ turn to left stepping left, right, left

TURN SLIDE SHUFFLE ¼ TURN, TURN SLIDE SHUFFLE ¼ TURN

1-2 Step right forward make ¼ turn to left, slide left up to right
3&4 Shuffle making a ¼ turn to right step right, left, right
5-6 Step left forward make ¼ turn to right, slide right to left
7&8 Shuffle making a ¼ turn to left, step left, right, left

ROCK FORWARD BACK SHUFFLE ROCK BACK FORWARD SHUFFLE

1-2 Rock forward onto right, rock back onto left
3&4 Shuffle back stepping right, left, right
5-6 Rock back onto left, rock forward onto right
7&8 Shuffle forward stepping left, right, left

TURN SLIDE SHUFFLE ¼ TURN, TURN SLIDE SHUFFLE ¼ TURN

1-2 Step forward right make ¼ turn left, slide left up to right
3&4 Shuffle making a ¼ turn to right step right, left, right
5-6 Step forward left make a ¼ turn to right. Slide right up to left
7&8 Shuffle making a ¼ turn to left step left, right, left

REPEAT
