

Shiver 'n' Shake

拍数: 48 墙数: 4 级数:
编舞者: Scott Blevins (USA)
音乐: Shiver 'n' Shake - Rick Tippe



BEHIND & SIDE; BEHIND & SIDE; COASTER STEP; WALK; WALK

- 1 Step back on the left foot (5th dance position)
- & Shift weight forward on the right foot
- 2 Step left on the left foot
- 3 Step back on the right foot (5th dance position)
- & Shift weight forward on the left foot
- 4 Step right with the right foot
- 5&6 Step back on the left foot; together with the right foot; step forward on the left foot
- 7-8 Walk forward right-left

½ PIVOT; TRIPLE STEP; COASTER STEP; SIDE BALL CROSS; STEP RIGHT

- 1 Pivot ½ turn right (weight on the right foot)
- 2&3 Triple step left-right-left while turning 1 & ½ turns right
- 4&5 Step back on the right foot; together with the left foot; step forward on the right foot
- 6&7 Step to left side onto ball of left foot; shift weight to right foot; cross left foot in front of right foot.
- 8 Step right on the right foot and slightly forward

CROSS ROCK STEP ; HOOK AND PUSH; MODIFIED COASTER; STEP PIVOT

- 1-2 Cross body rock forward on left; shift weight back to the right foot
- 3&4 Cross left foot behind right; step on ball of right foot under right shoulder; pushing off of right foot, step left on the left foot
- 5&6 Step back on right foot (extended 5th dance position); step slightly back on left foot (almost in place); step forward on right (5th dance position)
- 7-8 Step forward on the left foot; pivot ½ turn right

ROCK STEP; HOOK & TRIPLE STEP; STEP PIVOT ½ LEFT; SIDE BALL CROSS.

- 1-2& Rock forward on left foot; shift weight back to right foot; hook left foot over right shin
- 3&4 Step forward with the left foot; slide right foot next to left; step forward with the left foot.
- 5-6 Step forward on the right foot; pivot ½ turn left (shift weight to left foot).
- 7&8 Step to right side on to ball of right foot; shift weight to left foot; cross right foot in front of left foot.

SIDE; BEHIND; STEP; TOGETHER; ¼ TURN LEFT; STEP PIVOT; PUSH; OUT; OUT

- 1-2 Step left with left foot; cross right behind left
- 3&4 Step left with left foot; step together with the right foot; turn ¼ left on the left.
- 5-6 Step forward on the right; pivot ½ left.
- 7 Rock forward on the right foot
- & Step back and left on the left foot
- 8 Step right on the right foot (feet shoulder width apart)

- Cross Ball left; cross ball right; step pivot; spin; step back
- 1&2 Cross left over right (keep left leg straight); shift weight back to right; step side left
- 3&4 Cross right over left (keep right leg straight); shift weight back to left; step side right
- 5-6 Step forward on the left foot; pivot ½ turn right.
- 7 Spin ½ turn right bringing feet together; taking weight on left

8

Step back on the right foot

REPEAT
