

Shock Waves

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Mary Kelly (UK)
音乐: Baby One More Time - Britney Spears



ROCK STEPS, HALF PIVOT, ROCK STEPS, REVERSE HALF PIVOT

- 1& Rock forward on right, step back in place on left
- 2& Rock back on right, step forward in place on left
- 3-4 Step forward right, pivot half turn left (weight ending on right)
- 5& Rock back on left, step forward in place on right
- 6& Rock forward on left, step back in place on right
- 7-8 Step back on left, pivot half turn left (weight ending on left)

KICK, BALL CROSS, BALL CROSS, STOMP, VAUDEVILLE HOPS

- 9 Kick right forward
- &10 Step on ball of right beside left, cross left over right
- &11 Repeat counts &10
- 12 Stomp to right on right
- 13& Tap left heel forward, step left beside right
- 14& Cross right over left, step left on left
- 15& Tap right heel forward, close right beside left
- 16& Cross left over right, step right on right

HEEL TOE HEEL, AND STEP, HOLD, HIP BUMPS, 3, 4 TURNING TRIPLE

- 17&18 Tap left forward (heel, toe, heel)
- &19 Close left beside right, step right on right
- 20 Hold
- 21&22 Hip bumps (right, left, right.)
- 23 Step left on left making quarter turn to left
- & Step slightly forward on right making quarter turn to left
- 24 Step slightly left on left making quarter turn to left

RIGHT COASTER STEP, SIDE ROCK CROSS HOP (THREE TIMES)

- 25&26 Step back on right, close left beside right, step forward on right
- 27& Rock to left on left, rock back in place on right
- 28& Cross left over right, hop to right on left foot
- 29& Rock to right on right, rock back in place on left
- 30& Cross right over left, hop to left on right foot
- 31&32& Repeat counts 27&28&

REPEAT
