

Shooga

拍数: 32 墙数: 4 级数: Improver cha cha
编舞者: Kelli Haugen (NOR)
音乐: Sugar-Sugar (In My Life) - John Fogerty



ROCK, ROCK, ROCK, TRIPLE, TOUCH, SWEEP

1-2-3 Rock left on left, rock right on right, rock left on left (sway hips)
4&5 Triple right, left, right to right
6-7 Touch left toe forward, sweep left foot from front to left side

SAILOR ¼ TURN, WALK, WALK, TRIPLE, ROCK, RECOVER

8&1 Step left behind right, ¼ turn left step right on right, step forward on left
2-3 Walk forward right, left
4&5 Triple forward right, left, right
6-7 Rock forward on left, recover back on right

LOCK BACK, ROCK, RECOVER, STEP, ¼ TURN, CROSS, ROCK & STEP

8&1 Step back on left, cross right in front of left, step back on left
2-3 Rock back on right, recover forward on left
4&5 Step forward on right, ¼ left on left, cross right in front of left
6&7 Rock left to left, recover on right, step left next to right

COASTER, WALK, WALK, STEP, ¼ TURN, CROSS, TRIPLE, ROCK &

8&1 Step back on right, step left next to right, step forward on right
2-3 Walk forward left, right
4&5 Step forward on left, ¼ turn right on right, cross left in front of right
6&7 Triple right, left, right to right
8& Rock forward on left, recover back on right

REPEAT

TAG

Done once after the fifth wall (facing 9:00)

STEP, TOGETHER STEP, TOUCH 2X

1-2-3-4 Step left to left (push hip to right), step right together, step left to left (push hip to right), touch right next to left
5-6-7-8 Step right to right (push hip to left), step left together, step right to right (push hip to left), touch left next to right