

Short Skirts

拍数: 64 墙数: 1 级数: Intermediate
编舞者: Vicki Wenc (USA)
音乐: Man! I Feel Like a Woman! - Shania Twain



WALK FORWARD, OUT-OUT, HOLD, SHOULDER WIGGLE

1-4 Walk forward right-left-right-left
&5-6 Step right foot to right side, step left foot to left side, hold and place hands on hips
7&8 Drop right shoulder/ raise left shoulder, drop left shoulder/ raise right shoulder, drop right shoulder/ raise left shoulder and shift weight to right foot

KICK, CROSS-STEP, KICK, CROSS-TOUCH, UNWIND, HIP CIRCLE

1-2 Kick left foot forward, cross-step left foot over right foot
3-4 Kick right foot forward, cross-touch right toe over left foot
5-6 Unwind on balls of both feet turning $\frac{1}{2}$ to left (use both counts for the turn)
7&8 Circle hips left-right-left (weight ending on left foot)

KICK-BACK-CROSS, FULL TURN, OUT-CROSS-HOLD 2X

1&2 Kick right foot at 45 degree angle to right, step back on right foot, cross-step left foot over right foot
3-4 Slow turn: turn full turn to right ending with right foot crossed over left foot and weight on right foot
&5-6 Step left foot to left, cross-step right foot over left foot, hold
&7-8 Step left foot to left, cross-step right foot over left foot, hold

"HITCH KICK" SHUFFLE FORWARD 2X, SIDE SHUFFLE

&1&2 Step back on left foot, kick right foot forward, step back on right foot, step left foot forward
3&4 Shuffle forward right-left-right
5&6 Shuffle forward left-right-left
7&8 Side shuffle to right right-left-right

BACK ROCK, RECOVER, SIDE, HEEL DROP, CROSS, HEEL DROP SIDE ROCK, RECOVER

1-2 Rock back on left foot, step right foot forward (recover)
3-4 Step left toe to left side, drop left heel
5-6 Cross-step right toe over left foot, drop right heel
7-8 Rock left foot to left side, rock back (recover) on right foot

CROSS, HEEL DROP, SIDE, HEEL DROP, SHUFFLE BACK, $\frac{1}{2}$ RIGHT TURNING SHUFFLE

1-2 Cross-step left toe over right foot, drop left heel
3-4 Step right toe to right side, drop right heel
5&6 Shuffle backwards left-right-left
7&8 $\frac{1}{2}$ turning shuffle to right right-left-right

$\frac{1}{2}$ RIGHT PIVOT TURN, SHUFFLE FORWARD, $\frac{1}{2}$ LEFT PIVOT, STEP TOGETHER

1-2 Step left foot forward, pivot $\frac{1}{2}$ to right on ball of left foot and step down on right foot (right foot is forward)
3&4 Shuffle forward left-right-left
5-6 Step right foot forward, pivot $\frac{1}{2}$ to left on ball of right foot and step down on left foot (left foot is forward)
7-8 Step right foot forward, step left foot together

HIP CIRCLE, TOUCH RIGHT, HOLD, SWITCH LEFT, HOLD, STEP CENTER

1-4 Using 4 counts roll hips slowly to the left left-right-left ending with weight on left foot
5-6 Touch right toe to right side, hold
&7-8& Step right foot home, touch left toe to left side, hold, step left foot home

REPEAT
