

Shout It!

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Rick Bates (USA) & Deborah Bates (USA)
音乐: Givin' U All That I Got - Robin S.



SIDE SHUFFLE, BEHIND, TO THE LEFT PIVOT WITH SYNCOPATED HEEL TAPS, FORWARD SHUFFLE, TO THE LEFT MILITARY PIVOT

- 1&2 Side shuffle to the right (right, left, right)
- 3&4 Step back on ball of left foot, with weight on balls of both feet pivot a ½ turn to the left while tapping right heel twice and shift weight to right
- 5&6 Shuffle forward (left, right, left)
- 7-8 Step forward on right foot, pivot ½ turn to the left on ball of right foot and shift weight to left foot

STEP, TOGETHER, SYNCOPATED SIDE ROCK STEP, TOGETHER, SYNCOPATED SIDE ROCK STEP, TOUCH, FORWARD ROCK STEP

- 9-10 Step forward on right foot, step left foot next to right
- 11&12 Step to the right on right foot, rock to the left onto left foot, step right foot next to left
- 13&14 Step to the left on left foot, rock to the right onto right foot, touch left foot next to right
- 15-16 Step forward on left foot, rock back onto right foot

DIAGONAL LUNGE, CROSSOVER TOE TAP, SEMI-MONTEREY TURN, LUNGE, TOUCH, TURNING SHUFFLE

- 17-18 Take a long step back and diagonally to the left on left foot, cross right foot over and to the left of left foot and tap right toe
- 19-20 Touch right toe to the right, pivot ½ turn to the right on ball of left foot and step right foot next to left
- 21-22 Take a long step to the left on left foot, touch right foot next to left
- 23&24 Side shuffle to the right (right, left, right) making a ¼ turn to the right on these steps

FORWARD ROCK STEP, FULL TO THE LEFT ROLLING TURN, OUT, OUT, KNEE BENDS

- 25-26 Step forward on left foot, rock back onto right foot
- 27-28 Step back on left foot and begin a full to the left rolling turn, step on right foot and complete full to the left rolling turn
- 29-30 Step to the left on left foot, step to the right on right foot about shoulder width apart from left
- 31-32 Bend left knee inward, straighten left leg and bend right knee inward shifting weight to left foot

REPEAT
