

Shrek

拍数: 32 墙数: 4 级数: Improver
编舞者: Bill (Smokey) Govett
音乐: I'm On My Way - The Proclaimers



STEP, SCUFF, SHUFFLE FORWARD; ROCK FORWARD, BACK, SHUFFLE HALF TURN

1-2-3&4 Step left forward, scuff right forward; shuffle forward right-left-right
5-6 Rock/step left forward, rock back onto right
7&8 Turning back $\frac{1}{2}$ turn to the left - shuffle forward left-right-left

PADDLE TURN, KICK-BALL-CHANGE, SYNCOPATED SIDE TOUCHES, STEP FORWARD

1-2 Step right forward, pivot $\frac{1}{4}$ turn to the left (end with weight on left)
3&4 Kick right forward, ball change right-left
& Step right together
5& Touch left toe to side, step left together
6& Touch right toe to side, step right together
7& Touch left toe to side, step left together
8 Step right forward

SHUFFLE FORWARD, ROCK, RECOVER, TWO SHUFFLES TOTAL OF A FULL TURN BACK

1&2-3-4 Shuffle forward left-right-left; rock/step right forward, rock back onto left
5&6 Turning back $\frac{1}{2}$ to the right - shuffle right-left-right
7&8 Turning forward $\frac{1}{2}$ to the right - shuffle left-right-left

COASTER STEP, KICK-BALL-CHANGE, STEP, TOUCH, STEP, TOUCH

1&2 Step right back, step left together, step right forward
3&4 Kick left forward, ball change left-right
5-6 Step left forward, touch right to side
7-8 Step right forward, touch left to side

REPEAT

TAG

At the end of the 8th wall (facing front wall)

1-2 Rock left forward, rock back onto right
3-4 Rock left forward, rock back onto right