Shrek's Best

拍数: 64　　墙数: 4　　级数: Intermediate
编舞者: Rita M. Kyle (USA)
音乐: Best Years of Our Lives - Baha Men

STEP FORWARD, ROCK, TRIPLE, STEP BACK, ROCK, TRIPLE
Accentuated hip movement throughout dance

1-2	Step forward with right, rock back to left
3&4	Bring right to center triple in place right-left-right
5-6	Step back with left, rock forward on right
7&8	Bring left to center triple in place left-right-left

HIP BUMPS

9-10	Bump hips to the right twice
11-12	Bump hips to the left twice
13-16	Circle hips right to left twice (to the right)

ROCKING CHAIRS

17-18	Step rock forward on right, rock back on left
19-20	Step rock back on right, rock forward on left
21-24	Repeat 17-20

RIGHT, LEFT, TRIPLE, ROCK SAILOR

25-28	Right to right, left behind right, triple in place right-left-right
29-30	Rock forward on left, back on right
31&32	Left behind right, right to right, step on left beside right

CROSS ROCKS, TRIPLE IN PLACE

33-34	Step right across left, rock on left
35&36	Bring right to center as triple in place right-left-right
37-38	Step left across right, rock on right
39&40	Bring left to center as triple in place left-right-left

ROCK FORWARD ½ TURN, TRIPLE IN PLACE, REPEAT

41	Rock forward on right
42	Shift weight to left as turn ½ right bringing right around
43&44	Triple in place right-left-right
45	Rock forward on left
46	Shift weight to right as turn ½ left bringing left around
47&48	Triple in place left-right-left

JAZZ BOX WITH TOE STRUTS

49-50	Step right toe over left, snap right heel down
51-52	Step back with left toe, snap left heel down
53-54	Step side right with right toe, snap right heel down
55-56	Step center with left toe, snap left heel down

SHUFFLE, TURN ¼, CROSS SHUFFLE, ROCK

57&58	Shuffle forward right-left-right
59-60	Step forward with left, pivot ¼ right shifting weight to right
61&62	Cross shuffle left-right-left (cross left over right, right to right, left to right keeping in front of right)

| 63 | Rock-step right to right |
| 64 | Step on left |

REPEAT