

Spin City

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Angie Shirley (UK)
音乐: Go Away - Gloria Estefan



ROCK, SHUFFLE, PIVOT, SHUFFLE

1-4 Rock back on right foot, rock forward onto left, shuffle forward, right, left, right
5-8 Step forward left, pivot ½ turn right, shuffle forward, left, right, left

PIVOT, SYNCOPATED JAZZ STEPS, PIVOT

9-10 Step forward right, pivot ½ turn left
11&12 Cross right over left, step back on left, step right to right side
13&14 Cross left over right, step back on right, step left to left side
15-16 Step forward right, pivot ½ turn left

HEEL SWITCH, DOUBLE TAPS

17&18 Touch right heel forward, step right next to left, touch left heel forward
&19-20 Step left next to right, touch right toe forward and drop heel to floor twice
21-24 Repeat above 4 counts starting on left

Weight ends on right

ROCK, CROSS-SHUFFLES

25-26 Rock left out to left, rock in place right
27&28 Cross left over right, step right to right, cross left over right
29-30 Rock right out to right, rock in place left
31&32 Cross right over left, step left to left, cross right over left

ROCK, ¼ TURN, FULL TURN, SHUFFLE, PIVOT

33-34 Rock left to left side, making ¼ turn right, step forward on right foot
35-36 Make one full turn forward, stepping left, right
37&38 Shuffle forward, left, right, left
39-40 Step forward on right foot, pivot ½ turn left

Weight ends on left

STEP, ROCK, ROCK X 3, CROSS, UNWIND

41&42 Step forward on right foot, rock out left on left, step slightly forward as you rock weight in on right
43&44 Step forward on left foot, rock out right on right, step slightly forward as you rock weight in on left
45&46 Repeat steps 41&42
47-48 Cross left over right, unwind ½ turn right

Weight ends on left

REPEAT