

West Side Shuffle

拍数: 32 墙数: 4 级数:
编舞者: Barry Amato (USA)
音乐: (If You're Not In It for Love) I'm Outta Here! - Shania Twain



CROSSOVERS AND HIP SWAYS

- & Quickly step left foot to left side
- 1 Quickly cross right foot over left foot
- 2 Snap fingers on right hand
- & Quickly step left foot to left side
- 3 Quickly cross right foot over left foot
- 4 Step left foot to left side clapping hands at same time
- 5 Sway hips to left
- 6 Sway hips to right
- 7 Sway hips to left
- & Quickly sway hips to right
- 8 Quickly sway hips to left (weight on left foot)

URNS WITH HIPS AND WALK

- 9 Circle hips back and to right
- 10 Turn $\frac{1}{4}$ left while circling hips shifting weight to right leg touching left foot forward
- 11 Circle hips back and to left
- 12 Turn $\frac{1}{2}$ right while circling hips shifting weight to left leg touching right foot forward
- 13 Step right foot forward
- 14 Step left foot forward
- 15 Step right foot forward
- 16 Turn $\frac{1}{4}$ left facing front with weight equal over both feet

HIP SWAYS AND TURNS

- 17 Sway hips left
- 18 Sway hips right
- 19 Step left foot down
- & Quickly turn $\frac{1}{2}$ left pivoting on ball of left foot
- 20 Quickly turn $\frac{1}{2}$ continuing left on ball of right foot landing on left foot
- 21 Step right foot to right side
- 22 Sway hips left lifting right foot in place
- 23 Step right foot to right side
- 24 Drag and stomp left foot next to right foot (weight on left foot)

HIP SCOOP AND TURNS

- 25 Step right foot back
- 26 Step left foot back
- 27 Touch right toe front
- 28 Bending knees scoop hips up and forward
- 29 Step right foot forward
- 30 Lift left knee and clap with arms straight in front
- 31 Turn $\frac{1}{4}$ left stepping left foot next to right foot
- 32 Step right to right side

REPEAT

