

# Intensity

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Jan Wyllie (AUS)  
音乐: Young Love - Twister Alley



- 1&2      Right leg kick ball change  
3&4      Shuffle forward right, left, right  
5&6      Making ½ turn right shuffle back left, right, left  
7-8      Rock/step back on right, rock forward on left
- 9&10      Shuffle forward right, left, right making ½ turn left  
11&12      Making a further ½ turn left continue shuffling left, right, left  
**If the above 2 turning shuffles are not for you, just shuffle straight ahead**  
13-14      Cross/rock right over left, rock back on left  
15-16      Step right to right, cross/rock left over right
- 17-18      Rock back on right, making ¼ turn left step forward on left  
19-20      Step forward on right, pivot ¼ turn left transferring weight to left  
21-22      Rock/step forward on right, rock back on left  
23&24      Step back on right, step left beside right, step forward on right
- 25-26      Touch left heel to left diagonal, step left beside right  
27-28      Touch right heel to right diagonal, step right beside left  
29&30      Touch left heel forward, touch left toe beside right, touch left toe to left side  
31&32      Cross/shuffle to the right left, right, left
- 33-34-35-36      Rock/step right to right, rock weight to left, rock/step right behind left, rock weight to left  
37-38      Rock/step right to right, making ¼ turn left rock forward on left  
39&40      Shuffle forward right, left, right
- 41-42      Step left toe forward, drop left heel (toe strut)  
&43      Step right to right, step left to left  
&44      Step right to center, step left beside right  
45-46      Rock/step forward on right, rock back on left  
47-48      Rock/step back on right, rock forward on left

**REPEAT**

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