

I'm On My Way Shrek

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Geoff Langford (UK)
音乐: I'm On My Way - The Proclaimers



JUMP BACK, JUMP BACK, JUMP BACK, JUMP BACK, ROCK BACK SHUFFLE FORWARD

&-1 Jump back feet apart landing right left
&-2 Jump back feet together landing right left
&-3 Jump back feet apart landing right left
&-4 Jump back feet together landing right left weight on left
5-6 Rock back on right recover on left
7&8 Step forward on right, close left to right, step forward right (12:00)

STEP PIVOT ½ TURN RIGHT, SHUFFLE ½ TURN RIGHT, ROCK BACK ON RIGHT RECOVER ON LEFT, TOUCH RIGHT HEEL FORWARD, HOOK RIGHT ACROSS LEFT SHIN, TOUCH RIGHT HEEL FORWARD

1-2 Step forward on left, pivot ½ turn right (weight on right)
3&4 Shuffle step ½ turn right stepping left right left
5-6 Rock back on right recover on left
7&8 Touch right heel forward, hook right across left shin, touch right heel forward (12:00)

& RIGHT IN PLACE, LEFT HEEL FORWARD & HOOK LEFT ACROSS RIGHT SHIN, TOUCH LEFT HEEL FORWARD.& LEFT IN PLACE, ROCK FORWARD ON RIGHT, ROCK BACK ON LEFT, SAILOR STEP ¼ TURN RIGHT STEP FORWARD LEFT TOUCH RIGHT BY LEFT

&1&2 Close right beside left, touch left heel forward, hook left across right shin, touch left heel forward
&3-4 Close left beside right, rock forward on right, rock back on left
5&6 Step back on right, step back ¼ turn on left step forward right
7-8 Step forward left, touch right by left (3:00)

SIDE SHUFFLE TO RIGHT, & ½ TURN LEFT, SIDE SHUFFLE TO LEFT, BUMP HIP FORWARD RIGHT LEFT RIGHT, LEFT RIGHT LEFT

1&2 Step right to right side, close left beside right, step right to right side
&3&4 Half turn left, step left to left side, close right to left, step left to left side
5&6 Step forward on right bump hips, right left right,
7&8 Step forward on left bump hips left right left (9:00)

REPEAT
