

History

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Dougie D (UK)
音乐: Whole Lotta History - Girls Aloud



SYNCOPATED WEAVE LEFT, CROSS ROCK, ¼ TURN RIGHT FORWARD SHUFFLE

1-2 Cross right over left, step left to left side
3&4 Cross right behind left, step left to left side, cross right over left
&5-6 Step left in place, cross rock right over left, recover on left
7&8 Step right to right side with ¼ turn right, forward shuffle right, left, right

FULL TURN (TRAVELING FORWARD) FORWARD SHUFFLE, CROSS MAMBOS TWICE

1-2 Step forward on left, with ½ turn right, step back on right, with ½ turn right
3&4 Shuffle forward left, right, left
5&6 Cross right over left, step left in place, step right beside left
7&8 Step left over right, step right in place, step left beside right (weight on left)

SIDE ROCK, ¼ TURN LEFT, FORWARD SHUFFLE, FRONT MAMBO, BACK MAMBO

1-2 Rock out to right side, recover on left with ¼ turn left
3&4 Shuffle forward right, left, right
5&6 Step forward on left, step right in place, step left beside right
7&8 Step back on right, step left in place, step right beside left (weight on left)

SIDE ROCK, CROSS SHUFFLE, HALF TURN, CROSS SHUFFLE

1-2 Side rock to right, recover on left
3&4 Cross shuffle left: right, left, right
5-6 Step left to left side, swivel ½ turn right, stepping right beside left
7&8 Cross shuffle right: left, right, left

CROSS RIGHT OVER LEFT, ½ TURN LEFT, LEFT SAILOR STEP, FORWARD ROCK, COASTER STEP

1-2 Cross right over left, swivel ½ turn left
3&4 Step left behind right, step right beside left, step left in place
5-6 Rock forward on right, recover on left
7&8 Step back on right, step left beside right, step forward on right

CROSS STEP, BACK STEP, ¼ TURN LEFT, SAILOR STEP, CROSS STEP, BACK STEP, ¼ TURN RIGHT, SAILOR STEP

1-2 Cross left over right, step back on right with ¼ turn left
3&4 Step left behind right, step right beside left, step left in place
5-6 Cross right over left, step back on left with ¼ turn right
7&8 Step right behind left, step left beside right, step right in place

KICK BALL CHANGE ON RIGHT TWICE, LONG STEP BACK ON RIGHT, DRAG LEFT BESIDE RIGHT, SHUFFLE FORWARD, LEFT, RIGHT, LEFT

1&2 Kick right leg forward, step right beside left, step left in place
3&4 Kick right leg forward, step right beside left, step left in place (weight on left)
5-6 Take long step back on right, drag left beside right with tap
7&8 Shuffle forward left, right, left

SCUFF RIGHT, SWIVEL ¼ STEP LEFT ON LEFT, POINT RIGHT TO RIGHT SIDE, CROSS SHUFFLE, ½ TURN, LEFT MAMBO STEP

1-2 Scuff right leg forward, swivel left foot ¼ turn left, at same time point right toes to right side

3&4 Cross shuffle left: right, left, right
5-6 Cross left over right, swivel ½ turn right
7&8 Rock left to left side, recover on right, step left beside right

REPEAT
