

Dirty Dancing

拍数: 40 墙数: 4 级数:
编舞者: Tom "Bubba" Via (USA)
音乐: Heart's Desire - Lee Roy Parnell



MAMBO SHUFFLE

1&2 Step right to right side, step left in place, step right together
3&4 Step left to left side, step right in place, step left together
5&6 Step right to right side, step left in place, step right together
7&8 Step left to left side, step right in place, step left together

HOPS

9&10 Hop forward right, step left together, hold (clap)
11&12 Hop back right, step left together, hold (clap)

HIP ROLLS

13-14 Roll hips to the right
15-16 Roll hips to the left
17-18 Roll hips to the right
19-20 Roll hips to the left
21-24 Roll hips to the right 4 times (end with weight on right)

CROSS, ¾ TURN, SHUFFLE, STEP, PIVOT ½, SHUFFLE

25 Cross step left behind right
26 Turn ¾ turn to left, shifting weight to right
27&28 Shuffle forward right, left, right
29 Step forward left
30 Pivot ½ turn to right, shifting weight to right
31&32 Shuffle forward left, right, left

FULL TURN, SHUFFLE, STEP, PIVOT ½, SHUFFLE

33-34 Step forward right, left making 1 full turn
35&36 Shuffle forward right, left, right
37 Step forward left
38 Pivot ½ turn to right, shift weight to right
39&40 Shuffle forward left, right, left

¼ TURNS WITH SIDE SHUFFLES

41&42 Turning ¼ turn to left, shuffle right, left, right
43&44 Turning ¼ turn to left, shuffle left, right, left
45&46 Turning ¼ turn to left, shuffle right, left, right
47&48 Turning ¼ turn to left, shuffle left, right, left

REPEAT
