

Dance & Shout

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Tom West (CAN)
音乐: Dance & Shout - Shaggy



ROCK, RECOVER, CROSS-CHA-CHA

1-2 Rock to right side on right, recover weight on left
3&4 Cross right over left, step to left side on left, cross right over left
5-6 Rock to left side on left, recover weight on right
7&8 Cross left over right, step to right side on right, cross left over right

SIDE, TOUCH, ¼ TURN, STEP, MODIFIED CUBAN BREAKS

9-10 Step to right side on right, touch left toe beside right and clap
11-12 Turn ¼ left stepping onto left, stomp on right beside left
13&14 Step ball of left to left side, recover weight on right, step ball of left in front of right
&15&16 Recover weight on right, step ball of left to left side, recover weight on right, step ball of left in front of right

PROGRESSIVE CUCARACHAS

17&18 Rock to right side on right, recover weight on left, cross step right over left (moving forward)
19&20 Rock to left side on left, recover weight on right, cross step left over right
21&22 Rock to right side on right, recover weight on left, cross step right over left
23&24 Rock to left side on left, recover weight on right, cross step left over right

ROCK, RECOVER, ½ TURN CHA, TURN, TURN, CHA-CHA-CHA

25-26 Rock forward on right, recover weight on left
27&28 Cha-cha turn ½ right stepping right, left, right
29-30 Step forward on ball of left turning ½ right, step forward on ball of right turning ½ right
31&32 Cha-cha forward left, right, left

ROCK, RECOVER, ¾ TURN, CUCARACHA CROSS

33-34 Rock to right side on right, recover weight on left turning 1¼ left
35-36 Step forward on right, pivot turn 1½ left (weight forward on left)
37&38 Cha-cha forward right, left, right
39&40 Rock to left side on left, recover weight on right, cross step left in front of right
41-48 Repeat steps 33-40

REPEAT

TAG

Used for Extended Play or Dance Mix versions of "DANCE & SHOUT" only

At the end of the 4th sequence there is a definite change in the music, finish the sequence, and then for the next 32 beats continue doing steps 33-48. You should end up back at the front wall ready to start again from count 1.