

Dance Like This

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Amanda Andersson (SWE)
音乐: Hips Don't Lie - Shakira



SIDE, TOGETHER, CHASSE, SIDE, TOGETHER, CHASSE

1-2 Step right to right, touch left beside right
3&4 Step left to left, close right beside left, step left to left
5-6 Step right to right, touch left beside right
7&8 Step left to left, close right beside left, step left to left

When you do the chasse you can use your arms out to the left in a level of your shoulders, arms out in out on count 3&4, 7&8

TOE STRUTS, SIDE, HEEL, HOLD, TOGETHER, HEEL, HOLD

1-2 Step to right on right toe, drop heel taking weight
3-4 Cross left toe over right, drop heel taking weight
If you want, you can add shimmy with shoulders, when you do the toe struts
&5-6 Step right to right, touch left heel diagonal forward left, hold
&7-8 Step left beside right, touch right heel forward, hold

If you want, you can do hip bumps on count &8, hip bumps right-left

¼ TURN, STEP, HOLD, TOGETHER, STEP TWICE, TOUCH, HOLD, TOGETHER, TOUCH, TOGETHER, TOUCH, TOGETHER

&1-2 ¼ left stepping back on right, step forward on left, hold
&3-4 Step right beside left, step forward on left, hold
&5-6 Step right beside left, touch left toe forward, hold
&7 Step left beside right, touch right toe back
&8 Step right beside left, touch left toe forward

TOGETHER, STEP ¼ TURN X 4

& Step left beside right
1-2 Step forward on right, turn ¼ left
3-4 Step forward on right, turn ¼ left
5-6 Step forward on right, turn ¼ left
7-8 Step forward on right, turn ¼ left

ROCKING CHAIR, STEP, SCUFF, HITCH, KNEE OUT, ROCKING CHAIR, STEP, SCUFF ¼ TURN

1& Rock forward on right, recover onto left
2& Rock back on right, recover onto left
3& Step forward on right, scuff left forward
4& Hitch left knee up, bend left knee out
5& Rock forward on left, recover onto right
6& Rock back on left, recover onto right
7-8 Step forward left, ¼ left scuff right forward

LOCKSTEP FORWARD RIGHT, LOCKSTEP FORWARD LEFT, ROCK FORWARD, TOGETHER, CROSS UNWIND

1-2& Step forward right, lock left behind right, step forward right
3-4& Step forward left, lock right behind left, step forward left
5-6& Rock forward right, recover onto left, step right beside left
7-8 Cross left over right, unwind ½ turn right

SMALL WALK FORWARD, STEP ¼ TURN, SMALL WALK FORWARD, STEP ½ TURN

- 1-2 Small step forward right, small step forward left
- 3-4 Step forward right, turn ¼ turn left
- 5-6 Small step forward right, small step forward left
- 7-8 Step forward right, turn ½ turn left

DIAGONAL STEP, TOUCH, HEEL SWITCHES, DIAGONAL STEP, TOUCH, HEEL SWITCHES

- 1-2 Step right diagonal forward right, touch left beside right
- 3& Touch left heel forward, step left beside right
- 4& Touch right heel forward, step right beside left
- 5-6 Step left diagonal forward left, touch right beside left
- 7& Touch right heel forward, step right beside left
- 8& Touch left heel diagonal forward, step left beside right

REPEAT

TAG

On wall 5, after count 32

- 1-4 Step forward right, turn ½ left, step forward right, turn ½ left

Start from beginning

FINISH

Finish the dance on wall 6 with unwind ¾ turn right, (end with face to the front)
