

Shania Karaoke

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Rey Kleinsasser (USA) - August 2007
音乐: Before He Cheats - Carrie Underwood : (CD: Some Hearts)



In this dance, the music will be treated as 148 bpm

HIP BUMPS

1-4 Step left slightly to side and bump hips left, right, left, hold
5-8 Bump hips right, left, right, hold

BASIC NIGHT CLUB

1-4 Rock left back, recover to right, step left to side, hold
5-8 Rock right back, recover to left, step right to side, hold

BACK, FORWARD, ¼, HOLD, ½ PIVOT, ¼, STEP

1-4 Rock left back, recover to right, turn ¼ left and step left forward, hold
5-8 Step right forward, turn ½ left (weight to left), turn ¼ left and rock right to side, recover to left
(12:00)

TWINKLE RIGHT, TWINKLE LEFT, WALK, WALK

1-3 Cross right over left, rock left to side, recover to right
4-6 Cross left over right, step right to side, step left in place
7-8 Step right forward, step left forward

MAMBO FORWARD, MAMBO BACK

1-4 Rock right forward, recover to left, step right together, hold
5-8 Rock left back, recover to right, step left together, hold

SWAY, HOLD, SWAY, HOLD, SWAY, ¼, STEP, HOLD

1-4 Rock right to side, hold, recover to left, hold
5-8 Rock right to side, turn ¼ left and step left forward, step right together, hold

SIDE, HOLD-&-SIDE, HOLD-&-SHIMMY

1-2&3-4& Step left to side, hold, step right together, step left to side, hold, step right together
5 Step left to side
6-8 Hold

On counts &6&7&8&, push shoulders down left, right, left, right, left, right, left, right

HEEL, STEP, HEEL, STEP, COASTER, HOLD

1-4 Touch right heel forward, step right together, touch left heel forward, step left together
5-8 Step right back, step left together, step right forward, hold

REPEAT

TAG: At end of wall 2 (facing 6:00)

KICK BALL CHANGE TWICE

1-4 Kick left forward, step left together, step right in place, hold
5-8 Repeat 1-4

[EMail](#)