

Shift It

拍数: 32 墙数: 4 级数: Beginner
编舞者: Dave Munro (UK) - February 2008
音乐: Shiftwork (feat. George Strait) - Kenny Chesney : (Album: Just Who I Am: Poets
And Pirates)



Intro: 32 Counts.

Right Step Side/Together/Side/Touch, Left Step Side/Together/Side/Touch.

1-4 Step Right to right, step Left beside Right, Step Right to right, Touch Left beside Right.
5-8 Step Left to left, Step Right beside Left, Step Left to left, Touch Right beside Left. (12:00)

Right rock back/recover, 1/4 paddle, Right rock back/recover, 1/4 Paddle.

1-4 Rock Right back, Recover forward Left, Step Right forward, Pivot 1/4 left (weight on Left)
5-8 Rock Right back, Recover forward Left, Step Right forward, Pivot 1/4 left (weight on Left)
(6:00)

Weave, Left kick, Left 3 Count Box (1/4 turn left), Right kick.

1-4 Step Right behind Left, Step Left to left, Step Right across Left, Kick Left to left fwd diagonal.
5-8 Step Left across Right, 1/4 turn left step back on Right, Step Left in place, Kick Right to right
fwd diagonal. (3:00)

Right 3 Count Box, Left forward Shuffle, Right forward Shuffle, Left Rock side.

1-3 Step Right across Left, Step Left back, Step Right beside Left.
4&5 Step Left forward, Close Right beside Left, Step Left forward.
6&7 Step Right forward, Close Left beside Right, Step Right forward.
8 Rock on Left to left side. (3:00)

Begin again.
