

# So Macho

拍数: 64      墙数: 2      级数: Improver  
编舞者: Rebecca Armstrong (SCO) - May 2008  
音乐: So Macho - Sinitta



## LEFT HEEL, RIGHT HEEL, SHUFFLE DIAGONAL TWICE

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

## LEFT HEEL, RIGHT HEEL, SHUFFLE DIAGONAL TWICE

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

## TOE STRUT, TOE STRUT, ROCK, RECOVER, SHUFFLE

1-2      Step left forward, drop left heel taking weight  
3-4      Step right forward, drop right heel taking weight  
5-6      Rock left forward, recover back on to right  
7&8      Step left back, step right beside left, step left back

## TOE STRUT, TOE STRUT, ROCK, RECOVER, SHUFFLE

1-2      Step right back, drop right heel taking weight  
3-4      Step left back, drop left heel taking weight  
5-6      Rock right back, recover forward on to left  
7&8      Step right forward, step left beside right, step right forward

## CROSS ROCK, RECOVER, SIDE SHUFFLE, ½ SIDE SHUFFLE, CROSS SHUFFLE

1-2      Cross left over right, recover on to left  
3&4      Step left to side, step right beside left, step left to side  
5&6      Step right to side making ½ turn over right shoulder, step left beside right, step right to side  
7&8      Cross left in front of right, step right to side, cross left in front of right

## STEP, KICK, STEP PIVOT, KICK BALL CROSS, KICK BALL CROSS

1-2      Step right forward, kick left forward  
3-4      Step left back, pivot ½ turn over left shoulder taking weight on to left  
5&6      Kick right across left, step right beside left, step left beside right  
7&8      Kick right across left, step right beside left, step left beside right

## CROSS ROCK, RECOVER, ¼ SHUFFLE, ROCK, RECOVER, COASTER STEP

1-2      Cross right over left, recover on to left  
3&4      Step right to side making ¼ turn right, step left beside right, step right to side  
5-6      Rock forward on left, recover back on to right  
7&8      Step left back, step right beside left, step left forward

## STEP, HEEL, STEP, HEEL, HIP BUMPS X5

1-2      Step right to side, touch left heel to left diagonal  
3-4      Step left to side, touch right heel to right diagonal  
5-6      Step on right bumping hips to right, transfer weight to left bumping hips to left

7&8

Transfer weight to right bumping hips, transfer weight to left bumping hips, transfer weight to right bumping hips

**REPEAT**

---