

An1mal 1nst1nct

拍数: 32 墙数: 2 级数: Improver
编舞者: Paul McAdam (UK) - October 2008
音乐: The Animal Song - Savage Garden



Count in: Approximately 48 Counts from start of track at about 25 seconds.

(1-8) Side Rock, Cross Shuffle, ½ Turn Left Shuffle

1,2 Rock right foot out to right side, recover weight onto left foot
3&4 Cross right foot over left foot, step left foot to left side, cross right foot over left foot
5,6 Make a ¼ turn right and step back on left foot, make a ¼ turn right and step right foot to right side
7&8 Left shuffle forward

(9-16) Switches X4, Kick Back Touch, Kick Ball Side Rock

1&2 Touch right toe out to right side, step right next to left, touch left toe out to left side
&3 Step left next to right, touch right heel forward
&4 Step right next to left, touch left toe back
5&6 Kick left foot forward, step back on left foot, touch right toe next to left
7& Kick right foot forward, step right foot next to left
8& Rock left foot out to left side, recover weight onto right

(17-24) Cross Side Sailor, Syncopated Weave Left

1,2 Cross left foot over right, step right foot to right side
3&4 Left sailor step
5&6 Cross right foot over left, step left to left side, cross right behind left
&7 Step left to left side, cross right foot over left
&8 Step left to left side, cross right foot behind left

(&25-32&) & Touch Behind, Side, Behind-Side-Cross, Rock- Recover, Coaster Step, Together

&1,2 Step left to left side, touch right toe behind left, step right foot to right side
3&4 Cross left foot behind right, step right foot to right side, cross left foot over right
5,6 Rock right foot forward, recover on left
7&8& Step back on right foot, step left foot next to right, step forward on right foot, step left foot next to right

Alternative turn option for last 2 counts:

7&8& Make a ½ turn right and step forward on right foot, step left foot next to right, make a ½ turn right and step forward on right, step left foot together

TAG: There is one tag at the start of the 3rd wall, you repeat counts 1-8 twice and then restart the dance again.

Start Again And Enjoy