

She-Wolf

拍数: 32 墙数: 2 级数: Improver
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音乐: She Wolf - Shakira



Intro: 32 Counts after the main beat kicks in

(1-8) Cross, Side Step, Sailor Step, Cross, ¼ L, Coaster

123&4 Cross R over L, Step L to L, Cross R behind L, Step L to L, Step R to R
567&8 Cross L over R, ¼ L step R back, Step L back, Step together R, step L fwd [9:00]

(9-16) Full Turn L, Fwd Rock-Recover, Coaster Cross, Side Rock Cross

1-4 L step R back, ½ L step L fwd, Rock R fwd, Recover L [9:00]
5&678 Step R back, Step together L, cross R over L, Rock L to L, Recover R

(17-24) Side Step, Behind, Shoulder Push, Sync Turn L, Fwd Rock-Recover

1-4 Step R to R, Cross L behind R, Rock R to R (pushing your R shoulder up), Recover L
(dropping your R shoulder & push your L shoulder up & slightly kick your R)
5&678 Cross R behind L, ¼ L step L fwd, step R fwd, Rock L fwd, Recover R [6:00]

(25-32) ½ Triple L, Fwd, ½ L, Step-Touch-Step-Touch

1&234 Triple turn ½ L on L-R-L, Step R fwd, pivot ½ L [6:00]
56 Step R diagonally fwd, Touch L together (snap fingers)
78 Step L diagonally fwd, Touch R together (snap fingers)

Repeat

TAG: AFTER the 4th wall facing 12:00

1&2 Step R fwd while bumping hips R-L-R
3&4 Step L fwd while bumping hips L-R-L
5&6 Step R fwd while bumping hips R-L-R
78 Step L fwd, pivot ½ R [6:00]
9-16 Repeat counts 1&23&45&678 above with L lead. [12:00]