

# Shifting Gear

拍数: 32      墙数: 4      级数: Low Intermediate  
编舞者: Stephen Sunter (UK) - August 2011  
音乐: Moves Like Jagger (feat. Christina Aguilera) - Maroon 5 : (CD single)



Intro: 32 counts

## Rock, Recover, Coaster, Step, Lock, Step, Lock Step

1-2            Rock forward right (1) Replace weight to left (2)  
3&4           Step Back right (3) Step left next to right (&) Step forward right (4)  
5-6           Step forward left (5) Lock right behind left (6)  
7&8           Step forward left (7) Lock right behind left (&) Step forward left (8)

## Rock, Recover, ½ Turn Shuffle, Step, ¼ Right, Cross, Touch

1-2            Rock forward right (1) Replace weight to left (2)  
3&4           Make half turn right stepping forward right (3) Step left next to right (&) Step forward right (4)  
5-6           Step forward left (5) Make ¼ turn right (6)  
7-8           Cross step left over right (7) Touch right next to left (8)

## Knee Roll, Knee Roll, Heel Twists, (Repeat)

1-2            Step right to side rolling knee right (1) Roll left knee left (2)  
3&4           Twist heels left (3) Centre (&) Left bringing right next to left (4)  
5-6           Step right to side rolling knee right (5) Roll left knee left (6)  
7-8           Twist heels left (7) Centre (&) Left making ¼ turn right (8)

## Coaster, Step, ¾ Turn, Point Right, Point Left, Point Right, Drag

1&2           Step Back right (1) Step left next to right (&) Step forward right (2)  
3-4           Step forward left (3) Make ¾ turn right on ball of left foot (4)  
5&6           Point right out to right (5) Step right next to left (&) Point left out to left side (6)  
&7           Step left next to right (&) Point right out to right (7)  
8            Drag right foot in finishing with toe touching next to left foot (8)

## Tag: Four count tag at the end of the 10 wall... (Facing 6 o'clock)

1-2-3-4        Rock Forward right (1) Recover (2) Rock back right (3) Recover (4)

Begin Again!!!

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