

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!!!
