

Semowah

拍数: 64 墙数: 2 级数: Easy Intermediate
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音乐: Shen Me Hua (什么话)



Intro: on vocals

(S1) Rocking Chair, ½ Turn Shuffle

1-4 Rock forward right, recover, rock back right, recover
5-8 Rock forward right, recover, ½ turn right shuffle forward

(S2) Rocking Chair, ½ Turn Shuffle

1-4 Rock forward left, recover, rock back left, recover
5-8 Rock forward left, recover, ½ left shuffle forward

(S3) Weave, Side rock recover, Shuffle

1-4 Step right, step left behind, step right, step left over right,
5-8 Step right to right, recover, cross shuffle RLR

(Count 5: Point your right hand right)

(S4) Weave, Side rock recover, Shuffle

1-4 Step left, step right behind, step left, step right over left
5-8 Step left to left, recover, cross shuffle LRL

(Count 5: Point your left hand left)

(S5) Touch, Kick, Step, Touch, Hip Bumps, Shuffle

1-4 Touch right, kick right, step right back, touch left in front of right
5&6 Hip bumps RLR (Left hand on left hip, right hand pointing up)
7&8 Fwd shuffle LRL

(S6) Toe Struts X4 Moving Forward

1-8 RLRL moving forward (Both hands shoulder high, clicking fingers on even counts)

(S7) Turn, Recover, Spot Shuffle, Turn, Recover, Spot Shuffle

1-4 ¼ right step back on right, ¼ left recover on left, triple steps on the spot RLR
5-8 ¼ left step back on left, ¼ right recover on right, triple steps on the spot LRL

(Count 1: Right hand point diagonally back and you could be looking at your right fingers)

(Count 5: Left hand point diagonally back and you could be looking at your left fingers)

(S8) Toe Struts X 2, ½ Turn Shuffle X2

1-4 Right toe struts moving back, Left toe strut moving back (Both hands shoulder high, clicking fingers on even counts)
5&6 ½ turn right fwd shuffle RLR,
7&8 Fwd shuffle LRL