

ExHale (aka Shoop Shoop)

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Francien Sittrop (NL) - March 2012
音乐: Exhale (Shoop Shoop) - Whitney Houston : (Album: The Ultimate Collection)



Intro: No intro Start when the music starts

[1 – 8] Side , Rock Recover , Side, Sailor ¼ R , Sync. Lock Steps fwd

1-2& Step R to R side, Rock L back, Recover on R
3 Step L to L side
4 & Sweep R to the back with ¼ Turn R , Step L next to R, (03.00)
5 Step R fwd
6 & Lock L behind R, Step R fwd
7&8& Step L fwd, Lock R behind L, Step L fwd , Step R fwd

[9-16] Fwd, Rock Recover , ½ R , 1 ¼ Turn R , Rock Recover , Kick Ball Cross , Side

1 Step L fwd
2 & 3 Rock R fwd, Recover on L, ½ Turn R step R fwd (09.00)
4 & 5 ½ Turn R step L back, ½ Turn R step R fwd, ¼ turn R step L to L side (12.00)
6& Rock R back , Recover on L
7&8& Kick R fwd, Step R down. Step L across R, Step R to R side

[17-24] Rock Recover , ½ Turn R , Lock Step fwd, Mambo Step Back, Coaster Step

1 Rock L back facing ¼ Turn L (facing 7.30)
2 & 3 Recover on R(facing back to 12.00), ¼ Turn R step L back, ¼ Turn R step R to R side (06.00)
4 & 5 Step L fwd, Lock R behind L, Step L fwd
6 & 7 Rock R fwd, Recover on L, Step R big Step Back and drag L
8 & Step L back, Step R next to L

[25-32] Cross Rock Recover , ¼ L Cross Rock Recover , Cross , Full Turn R

1 Cross Rock L over R
2 & 3 Recover on R, ¼ L Step L fwd, Step R across L (03.00)
4 & 5 Recover on L, Step R next to L, Step L across R
6-7-8 Make a full Turn R in 3 counts (Weight ends on L) **R**Wall 3

When you make the Full Turn (6-8) you can bounce your heels softly on the beat of the music

[33-40] Side with Hip sways, Lockstep fwd , Hip sways, ¼ R Side Together

1 – 3 Step R to R side and Sway hips R,L,R
4 & 5 Step L fwd, Step R next to L , Step L fwd and sway Hips fwd
6 - 7 Sway Hips R, L
8 & ¼ Turn R step R to R side, Step L next to R

You can use your arms if you want

[41-64] Repeat counts 33-40 3 times more

Restart : During Wall 3 after count 32 start again with count 1