

Ssshhh!!

拍数: 64 墙数: 4 级数: Improver
编舞者: Rob Fowler (ES) - June 2012
音乐: Fly Love - Jamie Foxx : (Album: Rio' Soundtrack)



32 count intro - approx 17 secs - on vocals

Section 1: Left Cross Diagonal Shuffle, Sweep, Right Cross Diagonal Shuffle, Sweep

- 1 – 2 Cross left over right. Step right forward on right diagonal.
- 3 – 4 Cross left over right. Sweep right in front of left (travelling to right diagonal - 1:30).
- 5 – 6 Cross right over left. Step left forward on left diagonal.
- 7 – 8 Cross right over left. Sweep left in front of right (travelling to left diagonal - 10:30).

Section 2: Cross, Hold, Back, Hold, Hip Bumps, Hold

- 1 – 2 Cross left over right (squaring up to 12:00).
- 3 – 4 Step right back. Hold.
- 5 – 6 Step left to left side bumping hips left. Bump hips right. S
- 7 – 8 Bump hips left. Hold.

Section 3: Slow Mambo Forward, Slow Mambo Back

- 1 – 4 Rock forward on right. Rock back on left. Step right back. Hold.
- 5 – 8 Rock back on left. Rock forward on right. Step left forward. Hold.

Section 4: Step, Pivot 1/2, 1/2 Turn, Kick, Coaster Step, Kick

- 1 – 2 Step right forward. Pivot 1/2 turn left.
- 3 – 4 Turn another 1/2 left stepping right back. Kick left forward.
- 5 – 8 Step left back. Step right beside left. Step left forward. Kick right forward. (12:00)

Section 5: Back Rock Together x 2, Back Rock

- 1 – 3 Rock back on right. Recover onto left. Step right beside left.
- 4 – 6 Rock back on left. Recover onto right. Step left beside right.
- 7 – 8 Rock back on right. Recover onto left.

Section 6: Step Hold x 2, Forward Rock, 1/4 Turn, Hold

- 1 – 4 Step right forward. Hold. Step left forward. Hold.
- 5 – 6 Rock forward on right. Recover onto left.
- 7 – 8 Turn 1/4 right stepping right to right side. Hold. (3:00)

Section 7: Weave Left, Sweep, Weave Right, Hold

- 1 – 2 Cross left over right. Step right to right side.
- 3 – 4 Cross left behind right. Sweep right behind left (keep weight on left).
- 5 – 6 Step right behind left. Step left to left side.
- 7 – 8 Cross right over left. Hold.

Section 8: Hip Bumps, Cross Rock, Side, Hold

- 1 – 2 Step left to left side bumping hips left. Bump hips right.
- 3 – 4 Bump hips left. Hold.
- 5 – 6 Cross rock right over left. Recover onto left.
- 7 – 8 Step right to right side. Hold.