

Shades of Grey

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kirsten Matthiessen (DK) & Jannie Tofte Stoian (DK) - February 2013
音乐: Animal (feat. Wiley) - Conor Maynard : (iTunes)



Intro: 16 counts intro (app. 7 sec. into track)

Restarts: 2 EASY Restarts on walls 1 & 4 + a little something special on wall 8
See bottom for details.

[1-9] Mambo step, Step lock step, Step ¼ R, Cross ¼ ¼ L

1-3 Rock L fw, recover onto R, step L next to R 12:00
4&5 Step R fw, lock L behind R, step R fw 12:00
6-7 Step L fw, turn ¼ R stepping onto R 03:00
8&1 Cross L over R, turn ¼ L stepping R back, turn ¼ L stepping L to L side 09:00

[10-17] Cross side rock, Ball side rock, Sailor ¼ R kick, Step lock

2-4 Cross R over L, rock L to L side, recover onto R 09:00
&5-6 Step L next to R, rock R to R side, recover onto L 09:00
7&8 Cross R behind L, turn ¼ R stepping L slightly to L side, kick R fw 12:00
&1 Step R fw, lock L behind R 12:00

[18-25] Full L unwind, Cross shuffle, Side rock, Behind ¼ R step

2-3 Unwind full turn L ending with weight on L and sweeping R around 12:00
4&5 Cross R over L, step L slightly to L side, cross R over L 12:00
6-7 Rock L to L side, recover onto R 12:00
8&1 Cross L behind R, turn ¼ R stepping R fw, step L fw 03:00

[26-32] Rock step, Coaster step, Step ¼ R cross

2-3 Rock R fw, recover onto L 03:00
4&5 Step R back, step L next to R, step R fw 03:00
6-7 Step L fw, turn ¼ R stepping onto R 06:00
8 Cross L over R 06:00

[33-40] Side switches, head turn, Heel switches, Scuff hitch slide

1&2 Point R to R side, step R next to L, point L to L side 06:00
&3 Turn head L, turn head back to center 06:00
&4&5& Step L next to R, put R heel fw, step R next to L, put L heel fw, step L next to R 06:00
6&7 Scuff R fw, hitch R up, step R big step back 06:00
8 Slide L toward R 06:00

[41-48] Coaster step lock step, ½ L out out, Hip rolls x2

1& Step L back, step R next to L 06:00
2&3 Step L fw, lock R behind L, step L fw 06:00
4& Turn ½ L stepping R back, step L to L side 12:00
5-6 Step R to R side rolling hips CCW, push L hip fw (weight stays on R) 12:00
7-8 Step down on L rolling hips CW, push R hip fw (weight stays L) 12:00

[49-56] Ball sweep, Weave, Sweep, Behind ¼ R

&1-2 Step R next to L, cross L over R sweeping R around 12:00
3-4 Cross R over L, step L to L side, cross R behind L sweeping L around 12:00
5-6 Cross R behind L sweeping L around 12:00
7-8 Cross L behind R, turn ¼ R stepping R fw 03:00

[57-64] Rocking chair, Step ½ R sweep, Coaster step

1-2 Rock L fw, recover onto R 03:00
3-4 Rock L back, recover onto R 03:00
5-6 Step L fw, turn ½ R on L sweeping R around 09:00
7&8 Step R back, step L next to R, step R fw 09:00

RESTARTS:-

Wall 1: Dance the first 31 counts. Instead of cross L over R on count 32 you touch L next to R (facing 06:00)

Wall 4: Dance the first 7 counts. On count 8 you touch L next to R (facing 03:00)

Wall 8: Dance the first 19 counts – up until your sweep. Then touch R next to L. Continue the dance from count 33 with the side switches (facing 06:00)

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