

Electric Shock

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Electric Shock - f(x)



Intro: 16 counts

S1. WALK R-L, ROCKING CHAIR, WALK R-L, ROCKING CHAIR

1-2 Step forward on right, step forward on left
3&4& Rock forward on right, recover onto left, rock back on right, recover onto left
5-6 Step forward on right, step forward on left
7&8& Rock forward on right, recover onto left, rock back on right, recover onto left

S2. PIVOT ¼ L, CROSS SHUFFLE, L LUNGE, RECOVER WITH FLICK, L CHASSE

1-2 Step forward on right, pivot ¼ turn left
3&4 Cross right over left, step left to left, cross right over left
5-6 Lunge left to left, recover onto right and flick left foot behind right
7&8 Step left to left, step right beside left, step left to left

S3. BACK ROCK, R KICK-BALL-CROSS, SIDE, BEHIND, SHUFFLE ¼ R

1-2 Rock right behind left, recover onto left
3&4 Kick right forward diagonally right, step right beside left, cross left over right
5-6 Step right to right, step left behind right
7&8 ¼ turn right step forward on right, lock left behind right, step forward on right

S4. PIVOT ½ L, FORWARD SHUFFLE, HEEL SWICHES, & FORWARD, CLOSE

1-2 Step forward on left, pivot ½ turn right
3&4 Step forward on left, lock right behind left, step forward on left
5&6& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
7-8 Step forward on right, step left beside right

S5. SMALL JUMP TO R THEN L, HEEL SWIVEL, REPEAT

1-2 With feet together, jump to right then to left
3&4 Swivel heels right, left, center
5-6 With feet together, jump to right then to left
7&8 Swivel heels right, left, center

S6. SMALL JUMP TO R THEN L, OUT-OUT, TOE-HEEL TWIST TOGETHER

1-2 With feet together, jump to right then to left
3&4 Swivel heels right, left, center
5-6 Step diagonally forward on right, step diagonally forward on left
7&8 Twist both toes towards center, twist both heels towards center, twist both toes towards center

S7. R TOE TAP TWICE, SIDE, STEP, STEP, L TOE TAP TWICE, SIDE, STEP, STEP

1-2 Tap right toe forward twice
3-4& Step right to right, step left beside right, step right beside left
5-6 Tap left toe forward twice
7-8& Step left to left, step right beside left, step left beside right

S8. R TOE TAP TWICE, SIDE, STEP, STEP, L TOE TAP TWICE, SIDE, STEP, STEP

1-2 Tap right toe forward twice
3-4& Step right to right, step left beside right, step right beside left

5-6 Tap left toe forward twice
7-8& Step left to left, step right beside left, step left beside right

REPEAT

RESTART: On wall 5, dance to count 48, then Restart dance.

Last Update: 29 Nov 2024
