

# My Emergency

拍數: 64      牆數: 2      級數: Low Intermediate  
編舞者: Don Carleton (USA) - October 2015  
音樂: Emergency - Icona Pop



Intro: 16 counts

**S1: SIDE TOGETHER, SHUFFLE ¼ TURN, ROCK FORWARD, RECOVER, SHUFFLE ½ TURN**

1,2, 3&4      Step right to right side, step left together, shuffle ¼ turn right (3:00)  
5,6, 7&8      Rock forward on left, recover to right, shuffle ½ turn left (9:00)

**S2: FORWARD ROCK, SHUFFLE ½ TURN, FORWARD ROCK, COASTER CROSS**

1,2, 3&4      Rock forward on right, recover to left, shuffle ½ turn right (3:00)  
5,6, 7&8      Rock forward on left, recover to right, step back on left, step right together, cross left over right

**S3: STEP, TOUCH, STEP TOUCH, SHAKE IT**

1,2      Step right to right forward diagonal, touch left next to right  
3,4      Step left to left forward diagonal, touch right next to left  
5-8      Shake your hips, right, left, right, left (weight to left)

**S4: SHUFFLE SIDE RIGHT, ¼ TURN SHUFFLE SIDE, ¼ TURN SHUFFLE SIDE, ¼ TURN SHUFFLE SIDE**

1&2      Shuffle to right side, right, left, right  
3&4      Turn ¼ turn left shuffle left to left side (12:00)  
5&6      Turn ¼ turn left shuffle right to right side (9:00)  
7&8      Turn ¼ left shuffle left to left side (6:00)

**S5: TOUCH TOE, TOUCH HEEL, TOUCH TOE, TOUCH HEEL, CROSS, BACK, SHUFFLE SIDE**

1,2,3,4      Touch right toe next to left, touch right heel to right diagonal, repeat  
5,6, 7&8      Cross right over left, step left back, shuffle to right side

**S6: TOUCH TOE, TOUCH HEEL, TOUCH TOE, TOUCH HEEL, CROSS, BACK, ¼ TURN SHUFFLE**

1,2,3,4      Touch left toe next to right, touch left heel to left diagonal, repeat  
5,6, 7&8      Cross left over right, step back on right, shuffle ¼ turn to left (3:00)

**S7: TOE STRUT, TOE STRUT, ½ PIVOT TURN, ½ PIVOT TURN**

1,2,3,4      Touch right toe forward, drop heel, touch left toe forward drop heel, repeat (drop hands)  
5,6,7,8      Step forward right, pivot ½ turn left (weight to left), step forward right, pivot ½ turn left (weight to left)

**S8: STEP POINT, STEP, POINT, ¼ TURN JAZZ BOX WITH CROSS**

1,2,3,4      Step right forward, point (touch) left to left side, step forward on left, point (touch) right to right side  
5,6,7,8      Cross right over left, step back on left, turn ¼ turn right step right to right side, cross left over right (6:00)

Smile and Begin Again