

South Side Shake

拍數: 32 牆數: 4 級數: Improver
編舞者: Darren Bailey (UK) - December 2015
音樂: South Side - Thomas Rhett



Intro: 16 counts

Touch R Out In Forward Close, Touch L Out In Forward Close, Bumps to R, Touch.

1&2& Touch RF to R side, Touch RF next to LF, Touch R heel forward, Close RF next to LF
3&4& Touch LF to L side, Touch LF next to RF, Touch L heel forward, Close LF next to RF
5-6 Step RF to R side and bump hips to R, Bump hips to R again
7-8 Bump hips to R, Touch LF next to RF
(counts 5-7 can be hips rolls or body rolls or Shake)

Touch L Out In Forward Close, Touch R Out In Forward Close, Bumps to L, Touch.

1&2& Touch LF to L side, Touch LF next to RF, Touch L heel forward, Close LF next to RF
3&4& Touch RF to R side, Touch RF next to LF, Touch R heel forward, Close RF next to LF
5-6 Step LF to L side and bump hips to L, Bump hips to L again
7-8 Bump hips to L, Touch RF next to LF
(counts 5-7 can be hip rolls or body rolls or Shake)

R Lock step, L Lock step, Syncopated Rocking Chair with R, Step Forward, Twist L Twist R 1/4

1&2 Step RF forward on R diagonal, Close LF behind RF, Step RF forward on R diagonal
3&4 Step LF forward on L diagonal, Close RF behind LF, Step LF forward on L diagonal
5&6& Rock forward on RF, Recover onto LF, Rock back on RF, recover onto LF
7&8 Step forward on RF, Twist L heel in towards RF, Twist R heel out making a ¼ turn L (weight ends on RF)

Cross Rock with L, Cross Rock with R, Walk back x3, Touch

1&2 Cross rock LF over RF, Recover onto RF, Step LF to L side
3&4 Cross rock RF over LF, Recover onto LF, Step RF to R side
5-6 Step back on LF, Step back on RF
7-8 Step back on LF, Touch RF next to LF
(Counts 5-8 you can add a little shimmy with the shoulder walking back)

Hope you enjoy the dance.

Live to Love, Dance to Express.