

Shapes

拍數: 32 牆數: 4 級數: Improver
編舞者: Jenny Smith (UK) - March 2017
音樂: Shape of You - Ed Sheeran



[1- 8] □ R & L Samba Steps, R & Left Mambo Steps

1&2 Cross Right over Left, Rock Left to left side, Recover on Right
3&4 Cross Left over Right, Rock right to right side, Recover on Left
5&6 Rock R forward, Step L in place, Step R back
7&8 Rock L back, Step R in place, Step L forward □ □ 12.00

[9-16] □ ¼ Turn Right - Walk/Walk Shuffle x 2

9-10 Walk forward ¼ turn R - Stepping Right, Left □ □ □ 3.00
11&12 Shuffle Forward Right/Left/Right □ □ □ □ 3.00
13-14 Walk Forward ¼ turn R - Stepping Left, Right □ □ 6.00
15&16 Shuffle Forward – Left/Right/Left □ □ □ □ 6.00

[17-24] ¼ Turn Right -Walk, Walk, Shuffle x 2 (Repeat above 8 counts to 12.00 wall)

17-18 Walk forward ¼ turn R - Stepping Right, left □ □ □ 9.00
19&20 Shuffle Forward Right/Left/Right □ □ □ □ 9.00
21-22 Walk Forward ¼ Turn R - Stepping Left, Right □ 12.00
23&24 Shuffle Forward – Left/Right/Left □ □ □ 12.00

[25-32] R Rock Step; Right Coaster Step/Left Rock Step; Coaster ¼ Turn Left

25-26 Rock Forward on Right Foot, Recover onto Left Foot
27&28 Step Right foot back, step Left foot back next to right foot, step Right foot forward
29-30 Rock Forward on Left Foot, Recover onto Right Foot
31&32 Turning ¼ left step L back, step R together, step L forward 9.00

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