

Born With Wheels

拍數: 48 牆數: 4 級數: Beginner
編舞者: Silvia Schill (DE) - April 2016
音樂: Should've Been Born With Wheels - Shawna Russell



The dance begins with the singing

Chasse R / Rock Back ¼ Turn L + ¼ turn R / Chasse L / Rock Back ¼ Turn R

1&2 Step RF to right side, LF beside RF, step RF to right side
3-4 Step back with LF doing a ¼ turn left, weight back on RF doing a ¼ turn right
5&6 Step LF to left side, RF beside LF, step LF to left side
7-8 Step back with RF doing ¼ turn right, weight back on LF

Shuffle R / Step L / Pivot ½ R / Shuffle L / Full Turn L

1&2 Step forward with RF, LF beside RF, step forward with RF
3-4 Step forward with LF, doing a ½ turn onto balls
5&6 Step forward with LF, RF beside LF, step forward with LF
7-8 Step back with RF doing ½ turn left, step forward with LF doing ½ turn left

Mambo R / Coaster Step L / Hip Bumps / Kick Ball Step

1&2 Step forward with RF, weight back on LF, RF beside LF, weight on RF
3&4 Step back with LF, RF beside LF, step forward with LF
5&6 Tap right toe forward with swinging hips to right-back-right side
7&8 RF kick forward, RF beside LF, step forward with LF

Heel Grind R ¼ R / Coaster Step / Heel Grind L ¼ L / Coaster Step

1-2 On right heel ¼ turn right
3&4 Step back with RF, LF beside RF, step forward with RF
5-6 On left heel ¼ turn left
7&8 Step back with LF, RF beside LF, step forward with LF

Shuffle R / Mambo ½ Turn L Step / Shuffle R / Mambo ¼ Turn L Side

1&2 Step forward with RF, LF beside RF, step forward with RF
3&4 Step forward with LF, RF slightly up, weight back on RF, ½ turn left on RF & step forward with LF
5&6 Step forward with RF, LF beside RF, step forward with RF
7&8 Step forward with LF, RF slightly up, weight back on RF, ¼ turn left on RF & step LF to left side

Cross R / Side / Sailor Step / Cross L / Side / Sailor Turn ¼ L

1-2 Cross RF over LF, step LF to left side
3&4 Cross RF behind LF, step LF to left side, weight back on RF
5-6 Cross LF over RF, step RF to right side
7&8 Cross LF behind RF, ¼ turn left on RF, weight back on LF

Start again and happy dancing!

For any errors in the translation there is no guarantee!
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