

Shampoo

拍數: 64 牆數: 3 級數: Intermediate
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音樂: Shampoo - Benjamin Ingrosso



(Music available on iTunes – 2:58 min – 103 BPM)

Intro: Start on the lyrics

[1-8] SIDE MAMBO, HEEL, TOGETHER, X2, SIDE, BEHIND, SHUFFLE 1/4 TURN

1&2& RF rock right 1), Recover on LF &), R heel fwd 2), RF step next to LF &)
3&4& LF rock left 1), Recover on RF &), L heel fwd 2), LF step next to RF &)
5-6 RF step side right 5), LF step behind RF 6)
7&8 RF step 1/4 turn right (3:00) 7), LF step next to RF &), RF step fwd 8)

[9-16] CROSS SAMBA X2, SAMBA DIAMOND 1/2 TURN LEFT, BEHIND, SIDE, CROSS

1&2 LF cross over RF 1), RF step side right &), 1/4 turn left and LF step fwd (1:30) 2)
3&4 RF cross over LF 3), LF step side left &), 1/4 turn right and RF step fwd (4:30) 4)
5&6& LF cross over RF 5), 1/8 turn RF step diagonally back &), LF step back 6), Hitch R knee (1:30) &)
7&8 RF cross behind LF 7), 1/4 turn left and step LF left &), 1/8 RF cross over LF 8) (10:30)

[17-24] SIDE ROCK, RECOVER 1/8 TURN RIGHT, BEHIND SIDE CROSS, STEP 1/8 RIGHT, SWIVEL 1/4 TURN LEFT, COASTER STEP

1-2 LF rock side left 1), 1/8 turn right and recover on RF 2) (12:00)
(Hand movement: "Words shampoo or Shower" Right hand moves over your head from right to left side & Left hand moves up from the side up to your head).
3&4 LF step behind RF 3), RF step side right &), LF cross over RF 4)
5 RF step fwd diagonal right (1:30 weight on LF) 5)
6 Swivel both heels to right while swivelling body 1/4 turn left (10:30, shifting weight to RF) 6)
7&8 LF step back 7), RF step next to LF &), LF step fwd (10:30) 8)

[25-32] 1/8 TURN LEFT SAMBA WISK R, SAMBA WISK L, WALK FWD X2, 1/4 TURN HIP ROLL

1-2& 1/8 turn left and RF step side right 1), LF rock back 2), Recover onto RF &)
3-4& LF step side left 3), RF rock back 4), Recover onto LF &)
5-6 RF step fwd 5), LF step fwd (9:00) 6)
7-8 RF step fwd 7), 1/4 turn left rolling hips anti c/w (6:00) 8)

* RESTART HERE WALL 2 (9:00), AND WALL 5 (9:00)

[33-40] CROSS, SIDE, HIP, STEP X2 (BACHATA), CROSS, SIDE, CROSSING SHUFFLE

1&2& RF cross over LF 1), LF step side left 1/8 right &), Raise R hip touch R toe 2), Recover on RF &)
3&4& LF cross over RF 3), RF step side right 1/8 left &), Raise L hip touch L toe 2), Recover on LF &)
5-6 RF cross over LF 5), LF step side left 6)
7&8 RF cross over LF 7), LF step side left &) RF cross over LF 8)

[41-48] 1/4 TURN KNEE POP, LEAN R-L, WEIGHT RF, SIDE LEFT, TOGETHER, BODY ROLL UP - ARMS

&1,2 1/4 turn left LF step fwd &) (3:00), RF step side right 1), Pop R Knee in and Snap R Fingers 2)
3&4 Upper body lean right 3), Upper body lean left &), Transfer weight to RF 4)

Easy option: Elvis Knees LRL

5,6 LF step big step side left 5), RF step next to LF (6)

7,8 Body Roll Up, Both arms go from back up and fwd

*** RESTART HERE WALL 4 (3:00)**

[49-56] SYNCOPATED MAMBO 1/4 TURN LEFT, WALK FWD RL, POINT, 1/4 FLICK, CROSS

1&2& LF rock fwd 1), 1/8 turn left and recover on RF &), LF rock back 2), RF recover &)

3&4 1/8 turn left LF rock fwd 3) (12:00), Recover on RF &), LF step back 4)

5-6 RF step fwd 5), LF step fwd 6)

&7 Point R toe fwd &), 1/4 turn left and Flick RF back (Palms together fwd and down) 7) (9:00)

8 Cross RF over LF

[57-64] SWEEP-CROSS, UNWIND 1/2 TURN, SIDE, TOGETHER, HANDS BRUSH, SHAMPOO UP/DOWN!

1-2 LF sweep fwd and cross over RF 1), Unwind 1/2 turn right weight on RF 2) (3:00)

3-4 LF step side left 3), RF step next to LF 4) (3:00)

5&6 Brush hands together as if lathering shampoo 5), Repeat &), Hold 6)

&7 Place R hand on right side of head &), Place L hand on left side of head 7)

8& Lather shampoo by moving R hand up and L hand down 8) Lather shampoo by moving L hand up and R hand down &)

LATHER, RINSE, AND REPEAT

****ENDING: finish with R hand beside Head, and L hand beside head "SHAMPOO" (12:00)**

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