

Short Shorts

拍數: 48 牆數: 4 級數: Improver
編舞者: Adia Nuno (USA) & Russ Bradchulis (USA) - November 2020
音樂: Roll 'em Up (feat. Jack & Jack) - Alli Simpson



Note: Begin after 16 counts, 1 Restart

SECTION 1 (1-8) SYNCOPATED WEAVE—SWIVEL HEELS—STEP TOUCH—COASTER STEP

1-2 (1) Cross L over R (2) Step R foot to R side
3&4 (3) Cross L behind R (&) Step R foot to R side (4) Step L foot in front of R
&5-6& (&) Both heels swivel to L side (5) Return to 4th position, weight on R foot (6) Step L foot back (&) Touch R toe forward
7&8 (7) R foot step back (&) Close L foot to R foot (8) Step R foot forward

SECTION 2 (9-16) HEEL BOUNCE—SIDE ROCK RECOVER—BEHIND SIDE FRONT —SCUFF—ROCK—KICK —STEP BACK LOCK STEP

&1 (&) Lift Heels then bring them down on &/count while making ¼ turn over L shoulder to face 9:00 (1) Lift Heels then bring them down on &/count while making ¼ turn over L shoulder
2& (2) Step L foot to L side (&) Recover weight on R
3&4& (3) Step L foot behind R (&) Step R foot to R side (4) Step L foot forward (&) Scuff R heel Forward
5-6 (5) Land on R foot, taking weight (slight rock forward) (6) Pushing off R foot, kick R foot
7&8 (7) Step R foot back (&) Lock L over R (8) Step R foot back

****RESTART on wall 2 after 16 counts facing 9:00 (bring L foot near R on 16& count, then cross L over R for restart)**

SECTION 3 (17-24) STEP BACK—HEAD LOOK—HIT HIPS—BODY ROLL—PADDLE TURNS—WALKx3—SCUFF

&1 (&) L foot step back in line with R (1) R foot step in place, legs shoulder width apart
&2 (&) Head looks to R (2) Head returns front
&3 (&) R hand hits front of R hip (3) L hand hits front of L hip
&4 (&) Both hands snap out to R and L side, both elbows come into sides (4) Body roll
5&6& (5) Step R foot forward and make ¼ turn over L shoulder to face 3:00, hips go to R (&) Recover weight onto L foot and hips go L (6) Step R foot forward and make ¼ turn over L shoulder to face 12:00, hips go to R (&) Recover weight onto L foot and hips go L
7&8& (7) Walk forward R (&) Walk forward L (8) Walk forward R (&) Scuff L heel forward

SECTION 4 (25-32) FRONT ROCK—SIDE ROCK—BEHIND SIDE CROSS—FRONT ROCK—SIDE ROCK—BEHIND SIDE-- ¼ TURN STEP

1&2& (1) Step L foot forward taking weight (&) Recover weight to R foot (2) Step L foot to L side taking weight (&) Recover weight to R foot
3&4& (3) Step L behind R (&) R foot to R side (4) Cross L foot over R (&) Scuff R foot forward
5&6& (5) Step R foot forward taking weight (&) Recover weight on L (6) Step R foot to R side taking weight (&) Recover weight on L
7&8 (7) Cross R behind L (&) Step L foot to L side (8) Making ¼ turn over L shoulder, step R foot forward to face 9:00

SECTION 5 (33-40) ROCKING CHAIR—1/2 PIVOT STEP—ROCKING CHAIR—1/2 PIVOT ¼ SIDE STEP

1&2& (1) Step L foot forward (&) Recover weight on R (2) Step L foot back (&) Recover weight on R
3&4 (3) Step L foot forward (&) Pivot ½ over R shoulder, R foot takes weight (4) L foot steps Forward
5&6& (5) Step R foot forward (&) Recover weight on L (6) Step R foot back (&) Recover weight L

7&8 (7) Step R foot forward (&) ½ pivot over L shoulder, L foot taking weight (8) ¼ turn over L shoulder to 6:00, Step R foot to R side, taking weight

SECTION 6 (41-48) WEAVE—ROCK RECOVER ¼ STEP—BOX—SWIVEL HEEL TOE

1&2 (1) Cross L foot behind R (&) R foot R side (2) Cross L over R

3&4 (3) Step R foot to R side, taking weight (&) Recover weight on L foot making a ¼ turn over L shoulder to face 3:00 (4) Step R foot forward

5-6& (5) Cross L over R (6) Step R foot back (&) Step L foot to L side

7&8& (7) Touch R foot next to L (&) Step R foot to R side (8) Close L foot to R foot while swivelling heels towards R, toes facing 2:00 (&) Swivel toes to R, to face 4:00

Thank you and enjoy!

For further questions or clarification please contact Adia at coachanuno16@yahoo.com or Russ Bradchulis RussB@kw.com
