

Waterloo

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Marla Brandon (USA) - March 2021
音樂: Waterloo - ABBA



Shuffle R, Rock back, forward, back, Reverse

- 1&2&3&4& Shuffle to the R, step R foot out, follow in with the L, step R foot out. Rock L foot back, rock L foot forward, rock L foot back.
- 5&6&7&8& Reverse all with shuffle to the L, step L foot out, follow in with the R, step L foot out. Rock R foot back, rock R foot forward, rock R foot back.

Slide Kick Ball Change, Reverse. ½ Turn Hip Rocks

- 1&2, 3&4 Step wide R, slide L foot in and Kick L forward, rock on R ball of foot and step on L. Mirror to the left stepping out wide L, slide in R and Kick Ball Change R.
- 5, 6, 7, 8 Paddle Turn using your R foot four times making a ½ turn.

Rock forward triplet turn back, shuffle two times, reverse

- 1&2&3&4& Rock forward R and recover back making a triplet half turn over your R shoulder. Weight lands on the R. Shuffle forward L, R. L, then R, L, R
- 5&6&7&8& Reverse rocking forward on the L turning back with a triplet turn over the L shoulder weight landing on the L. Shuffle forward R, L, R then L, R, L

Jazz Box Turn, Two out/in shuffles

- 1,2,3,4 Jazz Box, step R over L, step L behind, step R to side and step L beside R
- 5&6&7&8& Two out/in shuffles, in double time step R out and L out then R in and L in, repeat.

One Restart on third wall after the four paddles with the hips.

If any questions or comments please feel free to contact me at marla_brandon@att.net