

She Wolf

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - August 2021
音樂: She Wolf - Shakira : (Spotify / iTunes)



(Dance starts on main lyrics)

[S1] Step-Ball Turn 3/4R, Fwd Mambo, Side Mambo

1&2& Make a 1/4 turn right stepping forward on R, Step on ball of L, Make a 1/4 turn right stepping forward on R, Step on ball of L
3&4 Make a 1/4 turn right stepping forward on R, Step on ball of L, Step forward on R (9:00)(done as a smooth clockwise circle)
5&6 Rock forward on L, Recover weight on R, Step L next to R
7&8 Rock R to the side, Recover weight on L, Step R next to L

[S2] Step-Ball Turn 3/4L, Side Mambo, Step-Heel Swivels

1&2& Make a 1/4 turn left stepping forward on L, Step on ball of R, Make a 1/4 turn left stepping forward on L, Step on ball of R
3&4 Make a 1/4 turn left stepping forward on L, Step on ball of R, Step forward on L (12:00)(done as a smooth anti-clockwise circle)
5&6 Rock R to the side, Recover weight on L, Step R next to L
7&8 Step forward on L (weight on both feet), Swivel R heel to right/swivel L heel to left, Recover heels to the centre (weight ends on L)**

[S3] Step-Pivot 1/4L, Lock Step Fwd, Back Hop & Lock Steps (Travelling Diagonal)

1 2 Step forward on R, Make a 1/4 turn left recover weight on L (9:00)
3&4 Step forward on R, Lock L behind R, Step forward on R (prep for pushing back)
&5&6 Travelling diagonally left-backwards- Hop back on L, Lock R over L, Hop back on L, Lock R over L
&7&8 Same as above- Hop back on L, Lock R over L, Hop back on L, Lock R over L

[S4] Back, Side, Cross Shuffle, Hinge 1/2L Turn, Cross Rock

1 2 Step back on L, Step R to the side
3&4 Cross L over R, Step R close to L, Cross L over R
5 6 Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping L to the side (3:00)
7 8 Rock across R over L, Recover weight on L

Restart: On Wall 4 Count 16** (9:00)

Ending suggestion: The last wall starts facing 12:00, dance up to count 30 (S4 count 6) step change to-

7 8 Rock across R over L, Recover weight on L while making a 1/4 turn left (stepping back on L facing the front)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 4/Aug/21)