

Shisha (Int)

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Esmeralda van de Pol (NL) - October 2023
音樂: Shisha - Dj Sava



This dance is the floor-split with the improver one. First steps are the same. After dancing part B, all will face the same wall.

Intro: 8 counts Sequence A A B A A B A A*(16 counts)TAG B

PART A: 32c

SIDE, TOGETHER, SCISSOR STEP, ¼ TURN R, CROSS SHUFFLE

1-2 Step RF to R side, Step LF next to RF
3&4 Step RF to R side, Step LF next to RF, Cross RF over LF
5-6 ¼ turn R-step LF back, Step RF to R side
7&8 Cross LF over RF, Step RF to R side, Cross LF over RF

SIDE ROCK ¼ TURN R, LOCKSTEP BACK, SYNCOPED ROCKSTEPS, CROSS SAMBA

1-2 Rock RF to R side, ¼ turn R-recover weight on LF
3&4 Step RF back, Step LF in front of RF, Step RF back
5&6& Rock LF back, Recover weight on RF, Rock LF to L side, Recover weight on RF
7&8 Cross LF over RF, Rock RF to R side, Recover weight on LF

CROSS, SIDE, COASTER ¼ TURN R, FWD ROCK, MAMBO BACK

1-2 Cross RF over LF, Step LF to L side
3&4 ¼ turn R-step RF back, Step LF next to RF, Step RF fwd
5-6 Rock LF fwd, Recover weight on RF
7&8 Rock LF back, Recover weight on RF, Step LF fwd

PIVOT ¼ TURN L, CROSS ROCK SIDE, SYNCOPATED ROCKSTEPS, BEHIND SIDE CROSS

1-2 Step RF fwd, ¼ turn L-weight on LF
3&5 Rock RF across LF, Recover weight on LF, Step RF to R side
5&6& Rock LF across RF, Recover weight on RF, Rock LF to L side, Recover weight on RF
7&8 Step LF behind RF, Step RF to R side, Cross LF over RF

PART B: 32c - (FOR THE INTERMEDIATE)

BALL STEP, CROSS, CHASE ¼ TURN R, ¼ TURN R POINT, SHUFFLE ¼ TURN L

&1-2 Step RF to R side, Step LF next to RF, Cross RF over LF
3&4 Step LF to L side, Step RF next to LF, ¼ turn R-step LF back
5-6 ¼ turn R-step RF to R side, Point LF to L side
7&8 ¼ turn L-step LF fwd, Step RF next to LF, Step LF fwd

PIVOT ½ TURN L, CHASE ¼ TURN L FWD ROCK, ¼ L TURN ROCK FWD, SIDE ROCK, ¼ TURN R, SIDE

1-2 Step RF fwd, ½ turn L-weight on LF
3&4 ¼ turn L-step RF to R side, Step LF next to RF, Step RF to R side
5&6& Rock LF fwd, Recover weight on RF, ¼ turn L-Rock LF fwd, Recover weight on RF
7&8 Rock LF to L side, ¼ turn R-recover weight on RF, Step LF to L side

BALL SIDE ROCK, COASTER STEP, PIVOT ½ TURN L, SHUFFLE FWD (Option Tripple full turn L)

&1-2 Step RF next to LF, Rock LF to L side, Recover weight on RF
3&4 Step LF back, Step RF next to LF, Step LF fwd
5-6 Step RF fwd, ½ turn L-weight on LF

7&8 Step RF fwd, Step LF next to RF, Step RF fwd (you also can make a triple full turn L, traveling fwd)

FWD ROCK, COASTER STEP, PADDLE ½ TURN L TOUCH

1-2 Rock LF fwd, Recover weight on RF

3&4 Step LF back, Step RF next to LF, Step LF fwd

5-8 weight on L foot, paddle turn L pointing R toe 3 times. On count 8 touch RF next to LF

TAG: (Same as the improver version)

Jazzbox Cross

1-2 Cross RF over LF, Step LF back

3-4 Step RF to R side, Cross LF over RF

Dance With Esmeralda

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