

Shallo

拍數: 32 牆數: 4 級數: Intermediate - Country
編舞者: Antonio Manigas (IT) - January 2024
音樂: House of Cards - Janet Devlin



****RESTARTS*** After 20 counts at 3th and 8th repetition****

S1) ROCK RECOVER&STOMP L.,CROSS & CROSS,TURN ½ SHUFFLE BACK,ROCK RECOVER

- 1 – 2 Step Right To Right Side , Return To Step Left And Stomp Left
3 & 4 Cross Step Right Behind Left , Step Left To Side Left , Cross Step Right Over Left
5 & 6 Turn ½ (06:00) Back And Step Left Backward , Step Right Back Beside Left , Step Left Backward
7 – 8 Step Right Backward , Return To Left And Heel Left Out

S2) TURN ½ SHUFFLE BACK R.,TURN ½ SHUFFLE L.,JAZZ BOX TURNING ¼

- 1 & 2 Turn ½ (00:00) Back And Step Right Backward , Step Left Back Beside Right , Step Right Backward
3 & 4 Turn ½ (06:00) FW And Step Left Forward , Step Right Beside Left , Step Left Forward
5 – 6 Turning ¼ (03:00)To Left Side Cross Step Right Over Left – Step Left To Side
7 – 8 Step Right Forward – Stomp Left Beside Right

S3) HEEL SWITCHES,STOMP L.,ROCK RECOVER&STOMP R.,ROCK RECOVER&STOMP R.

- &1 - &2 Step Right Forward And Heel,Return To Centre,Step Left Forward And Heel,Return To Centre
&3 – 4 Step Right Forward And Heel , Return To Centre , Stomp Left
5 & 6 Step Right To Right Side , Return To Left ,Stomp Right Beside Left
7 & 8 Step right To Right Side , Return To Left , Steomp Right Beside Left

S4) SIDE & CROSS,WAVE L., SIDE & CROSS, STOMP R.,STOMP L.

- 1 & 2 Step Right To Right Side , Return To Left , Cross Step Right Over Left
&3 - & 4 Step Left Diagonally Forward , Cross Step Right Behind Left , Step Left Diagonally Back , Cross Step Right Over Left
5 & 6 Step Left To Left Side , Return To Right , Cross Step Left Over Right
7 – 8 Stomp Right , Stomp Left
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