

Shrank

拍數: 32 牆數: 4 級數: Easy Improver
編舞者: Katie Clarke (USA) & Chris Mazzei (USA) - March 2024
音樂: Shrank - Jake Owen



No Tags/No Restarts

Intro: 16 Count

Vine Right, Vine Left

1, 2, 3, 4 Step R Side R, Step L Behind R, Step R Side R, Touch L Next To R
5, 6, 7, 8 Step L Side L, Step R Behind L, Step L Side L, Touch R Next To L

Right Heel, Left Heel, Right Heel Grind, Left Heel, Right Heel, Left Heel Grind

1 & 2 & Touch R Heel Forward, Touch R to L, Touch L Heel Forward, Touch L to R
3, 4 & Right Heel Grind, Touch R next to L Switch Weight to R
5 & 6 & Touch L Heel Forward, Touch L to R, Touch R Heel Forward, Touch R to L
7, 8 & Left Heel Grind, Touch L next to R Switch Weight to L

½ Monterey Turn, Forward Right Shuffle, Left Rock

1, 2 Point R Side R, turn ½ over right shoulder on L, Place R next to L
3, 4 Point L Side L, Touch L to R
5 & 6, 7, 8 Step R Forward, Step L next to R, Step R Forward, Rock L Forward, Recover on R

Backward Left Shuffle, Right Rock Back, Step Right ½ Turn Hitch Left, Step Left ¼ Turn Slap Right

1 & 2, 3, 4 Step L Back, Step R next to L, Step L Back, Rock R Back, Recover on L
5, 6 Step Forward R, Pivot ½ Turn over left shoulder, hitch L,
7, 8 Step Back L ¼ turn over L shoulder, Slap Right foot w/ Left hand behind Left leg