

Sheesh!

拍數: 32 牆數: 4 級數: Beginner
編舞者: Hiroko Carlsson (AUS) - July 2024
音樂: Sheesh! - Surfaces & Tai Verdes : (Spotify/ YouTube Music/ Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
Dance start after you hear "I be like"

[S1] Side Rock, Cross Toe Strut, Side Rock, Fwd Toe Strut

1 2 3 4 Rock R to the side, Replace weight on L, Touch R toe over L, Drop R heel
5 6 7 8 Rock L to the side, Replace weight on R, Touch L toe forward, Drop L heel

[S2] Fwd Mambo w/ Toe Strut, Back Mambo w/ Toe Strut

1 2 3 4 Rock forward on R, Replace weight on L, Touch R toe back, Drop R heel
5 6 7 8 Rock back on L, Replace weight on R, Touch L toe forward, Drop L heel

[S3] Step-Pivot 1/4R-Cross Toe Strut, 1/2L Turn-Cross Toe Strut

1 2 Step forward on R, Make a ¼ turn left recover weight on L (9:00)
3 4 Touch R toe over L, Drop R heel
5 6 Make a ¼ turn right stepping back on L, Make a ¼ turn right stepping R to the side (3:00)
7 8 Touch L toe over R, Drop L heel

[S4] Side Rock, Cross, Side, Behind Rock, Side, Together

1 2 3 4 Rock R to the side, Replace weight on L, Cross R over L, Step L to the side
5 6 7 8 Rock R behind L, Replace weight on L, Step R to the side, Step L together

TAG: 4 Counts Tag at the end of Wall 3 (9:00)

1 2 3 4 Both feet remain together, pop right knee, and push hips to the right-centre-right-centre

Ending suggestion: Start the last wall facing 6:00. Modify the last 2 counts to make a ¼ turn right and step forward on R-L-R (7 8 1) to face 12:00.
