

Een Shot

拍數: 32 牆數: 4 級數: Beginner
編舞者: Janine Kilian (SA) - December 2024
音樂: Een Shot - Willem Botha : (Album : Een Shot)



INTRO : 32 counts

****2 RESTARTS - ACW rotation**

Section 1 (1 – 8) Rock R forward, Recover L, R Coaster step, Side rock L to left side, Recover R, Cross Shuffle L over R

“Optional Styling : On Count 1, point R arm up”

1 - 2 Rock Step R forward (1), Recover on L (2)
3 & 4 Right Coaster step : Step R back (3), Step L next to R (&), Step R forward (4)
5 - 6 Side Rock L to left side (5), Recover on R (6),
7 & 8 Cross Shuffle L over R : Cross L over R in front (7), Step R to right side (&), Cross L over R
in front (8) (Facing 12h)

****2nd Restart here on Wall 10 after 8 counts facing 3h.**

Section 2 (9 – 16) Cross R over L in front, ¼ right stepping back on L, Side chasse to the right, rock L behind R & recover R, Step L to left side, Touch R next to L

1 - 2 Cross R over L in front (1), ¼ turn right by stepping back on L (2)
3 & 4 Side Chasse to the right : Step R to right side (3), Step L next to R (&), Step R to right side
(4)
5 - 6 Rock L behind R (5), Recover on R (6)
7 – 8 Step L to left side (7), Touch R next to L (8) (Facing 3h)

***1st Restart here on Wall 5 after 16 counts facing 3h.**

Section 3 (17 – 24) Right Shuffle back (R, L, R), Step L back & touch R forward, Right Shuffle back (R, L, R), ¼ turn left & step L to left side, point R to right side,

1 & 2 Right Shuffle back (R, L, R) : Step R back (1), Step L next to R (&), Step R back (2)
3 - 4 Step L back (3) & touch R forward (4) (Facing 3h)
5 & 6 Right Shuffle back (R, L, R) : Step R back (5), Step L next to R (&), Step R back (6)
7 - 8 ¼ turn Left & Step L to left side (7), Point R to right side (8) (Facing 12h)

Section 4 (25 – 32) Rolling Vine to the Right with a touch (OR Grapevine to the right with a touch for an easier option), Step L to left side, Step R next to L, ¼ turn left & step L forward, touch R next to L

1 – 4 Rolling vine to the right : ¼ turn right & step R forward (1), ½ turn right by stepping back on
the L (2), ¼ turn right & step R to the right side (3), Touch L next to R (Facing 12h)
5 - 6 Step L to left side (5), Step R next to L (6),
7 - 8 ¼ turn left & step L forward (7), Touch R next to L (8) (Facing 9h)

RESTART 1 : Start Wall 5 (at 12h), Restart after 16 Counts (now facing 3h)

RESTART 2 : Start Wall 10 (at 3h), Restart after 8 Counts (facing 3h)

ENJOY!!

Date Issued : 8 December 2024