

Shady

拍數: 32 牆數: 2 級數: Improver
編舞者: Eileen Derrick (USA) - December 2024
音樂: Shady (feat. Nile Rodgers & Sam Sparro) - Adam Lambert



Count in: 32 counts from vocals (26 seconds)

*1 restart, 1 tag on walls 1,4, 5

(1 – 8) Walk, walk, forward Mambo, walk back, walk back, coaster

1,2 Walk forward R,L
3&4 Rock Forward R, Recover back L, Step L next to R
5,6 Walk back L, R
7&8 Back l, step R next to L, step forward L (12:00)

(9 – 16) Rock to right, recover , cross shuffle, Hinge (¼ R x 2), cross shuffle

1,2 Rock R to the R, recover on L
3&4 Cross R over L, step L to L side, cross R over L
5,6 ¼ R on L, ¼ turn R on R
7&8 Cross L over R, step R to right, cross L over R (6.00)

(17-24) Rock R to Right, L ¼ to left, shuffle forward, Rock, recover, shuffle ¼ L

1,2 Rock R to right, ¼ left, recover on L (3:00)
3&4 Shuffle forward R,L,R
5,6 Rock forward L, recover on R
7&8 Shuffle ¼ left, L,R,L (12:00)

(25-32) Skate, skate, shuffle forward, Rock, recover, L ½ turn toe strut

1,2 Skate R, L
3&4 Shuffle forward R,L,R
5,6 Rock forward L, recover R
7,8 Touch L toe back, pivot ½ to left, transferring weight to L (6:00)

TAG: stomp R, stomp L in place (2 counts)

Pattern

32 counts, tag
32 counts
24 counts, restart
32 counts, tag
32 counts, tag x 2 (4 stomps)
32 counts for 3 more sets 'til end of dance

Option: The dance ends on wall 6. You can choose to replace the last 2 counts with 2 stomps

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