

Next Level

拍數: 32 牆數: 4 級數: Improver east coast swing
編舞者: Nancy Morgan (USA)
音樂: Man! I Feel Like a Woman! - Shania Twain



GRIND HEEL, ROCK-STEP, GRIND HEEL, ROCK-STEP

1-2 Grind right heel forward from left to right
3-4 Rock-step back on right and forward on left
5-6 Grind right heel forward from left to right
7-8 Rock-step back on right and forward on left

GRIND, TOE DOWN, GRIND, TOE DOWN, ¼ TURN JAZZ RIGHT

1-2 Step forward on right as you grind right heel from left to right but drop your toes on the right
3-4 Step forward on left as you grind left heel from right to left but drop your toes on the left
5-6-7-8 Cross right over left, step back on left as you turn a ¼ turn to right, step back on right, cross left over right

SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, ROCK STEP

1&2 Side shuffle to right - right, left right
3-4 Rock-step back on left and forward on right
5&6 Side shuffle to left - left, right, left
7-8 Rock-step back on right and forward on left

2 ½ TURN PIVOTS, STEP, STOMP, TOE SPREAD/LIFT

1-2 Step forward on right, pivot ½ turn to left (weight ends on left)
3-4 Step forward on right, pivot ½ turn to left (weight ends on left)
5-6 Step forward on right, stomp left next to right
7-8 Lift and spread toes out and together again as you set toes back on floor

REPEAT
