

Niagra

拍數: 48 牆數: 2 級數: Improver
編舞者: Tony Wilson (USA)
音樂: What I Used to Do All Night - The Bellamy Brothers



HEEL & TOE TOUCHES WITH ¼ TURN & HOOK, STEP TOGETHER., SHUFFLE

1&2 Touch right heel forward, step right next to left, touch left toe to side
&3& Step left next to right turning ¼ left, touch right toe back, step right next to left
4& Touch left heel forward, hook left touching toe across right
5-6 Step left forward, step right behind left heel (right instep to left heel)
7&8 Shuffle forward left, right, left

FORWARD RECOVER, ¾ BACK TURN, ROCK, HIPS FORWARD BACK FORWARD BACK

9-10 Step right forward, recover weight on left
11-12 Turning ½ right on left step right forward, turning ¼ right step left to side
& Rock back on right
13-14 Step left in place (toe now pointing to 4:30) bumping left hip forward, bump right hip back
15-16 Bump left hip forward, bump right hip back

SHUFFLES, CROSS BACK, SHUFFLE TURN

& Bump left hip forward turning slightly right on left
17&18 Shuffle forward right, left, right moving diagonally right
19&20 Shuffle forward left, right, left moving diagonally left
21-22 Cross right over left, step back on left
23&24 Shuffle right, left, right turning right (to face 9:00)

SHUFFLES, CROSS BACK, TURN TOUCH

25&26 Shuffle forward left, right, left
27&28 Shuffle forward right, left, right
29-30 Cross left over right, step right back
31-32 Turning ¼ left step left to left hand side, touch right next to left (facing 6:00)

Restart here during 3rd repetition.

SIDE SHUFFLE BACK RECOVER, RIGHT & LEFT

33&34 Side shuffle right, left, right
35-36 Step left back and behind right, recover on right
37&38 Side shuffle left, right, left
39-40 Step right back and behind left, recover on left

FORWARD RECOVER, BACK SHUFFLE, HEEL TOUCHES, FORWARD STOMP

41-42 Step right forward, recover on left
43&44 Shuffle back right, left, right
&45 Step left back, tap right heel forward
&46 Step right next to left, tap left heel forward
&47-48 Step left next to right, step right forward, stomp left next to right

REPEAT

RESTART

On the 3rd repetition, dance only the first 32 counts, then restart.