

Off The Shoulder

拍數: 66 牆數: 4 級數:
編舞者: Anita Swirsky (CAN)
音樂: You Win My Love - Shania Twain



MONTEREY SPINS

- 1-4 Touch right to side, ½ turn on ball of left foot (stepping on right at completion of ½ turn) touch left to left side, step left beside right
5-8 Touch right to side, ½ turn on ball of left foot (stepping on right at completion of 1/1 turn) touch left to left side, step left beside right

SHUFFLE TO SIDE, ROCK STEP

- 9&10 One 3-step shuffle right (right-left-right)
11-12 Rock back on left, rock forward on right
13&14 One 3-step shuffle left (left-right-left)
15-16 Rock back on right, rock forward on left,

TOE STRUTS TO SIDE WITH SHOULDER SHRUGS

- 17-20 Step side right with right toe, drop heel (while shrugging shoulders) bring left foot to right, drop left heel, clap on 4th
21-24 Step side left with left toe, drop heel (while shrugging shoulders), bring right foot to left, drop right heel, clap on 4th

HIP ROLL, COASTER STEP

- 25-26 Step forward on right (rolling hip to the right) shift weight back on left (swing hip back)
27&28 Coaster step (right-left-right)
29-30 Step forward on left (rolling hip to the left) shift weight back on right (swing hip back)
31&32 Coaster step (left-right-left)

ROLLING VINES & HEEL JACKS

- 33-36 Rolling vine right
&37 Step back on left, touch right heel forward
&38 Step on right, touch left toe beside right
&39 Step back on left, touch right heel forward
&40 Step on right, touch left toe beside right
41-44 Rolling vine left
&45 Step back on right, touch left heel forward
&46 Step on left, touch right toe beside left
&47 Step back on right, touch left heel forward
&48 Step on left, touch right toe beside left

TOE STRUTS FORWARD & SHOULDER SHRUGS

- 49-50 Touch right toe forward, drop heel, touch left toe forward, drop heel, touch right toe forward, drop heel, touch left toe forward, drop heel (all while shrugging shoulders up & down)

WALK BACK

- 57-60 Walk back right-left-right together with left

RIGHT KICK BALL CHANGE, STEP ¼ TURN LEFT, 2 STOMPS

- 61&62 Kick right foot forward, step on ball of right foot, step left beside right
63-64 Step forward on right, ¼ turn to left
65-66 Stomp right, stomp left.

REPEAT
