

Sh-Boom

拍數: 64 牆數: 4 級數: Improver
編舞者: Bill Bader (CAN)
音樂: Sh-Boom - The Crew Cuts



FORWARD TOE STRUT, SHUFFLE FORWARD; REPEAT

1-2 Place right toe forward, lower right heel taking weight onto right
3&4 Shuffle forward on left-right-left, (hip movement may be added,)
5-8 Repeat 1-4 (right toe, heel, shuffle left-right-left)

ROCK FORWARD, BACK, SHUFFLE BACK, BACK, HOLD, BACK-FORWARD, SCUFF

1-2 Step right forward, rock back onto left
3&4 Shuffle back on right-left-right
5-6 Step left back, hold
&7 Quick step back on ball of right, step left forward
8 Scuff right heel

4 STEP SCUFFS IN A FULL CIRCLE TO THE LEFT

Do not force the steps here to be perfect $\frac{1}{4}$ turns, but they must total a full turn by count 8

1 Step right forward turning about $\frac{1}{4}$ left starting a circle to the left
2 Scuff left heel
3 Step left forward turning about $\frac{1}{4}$ left continuing circle to the left
4 Scuff right heel
5 Step right forward turning about $\frac{1}{4}$ left continuing circle to the left
6 Scuff left heel
7 Step left forward turning about $\frac{1}{4}$ left finishing the circle
8 Scuff right heel

ROCK FORWARD, BACK, SHUFFLE BACK, BACK, HOLD, BACK-FORWARD, SCUFF

1-8 Repeat counts 9-16

CROSS, ROCK, TRIPLE IN PLACE, CROSS, ROCK, TRIPLE IN PLACE

1-2 Cross step right over left, rock back onto left
3&4 Triple step in place on right-left-right
5-6 Cross step left over right, rock back onto right
7&8 Triple step in place on left-right-left

CROSS, ROCK, VINE RIGHT 4 STEPS, SIDE-TOGETHER-SIDE

1-2 Cross step right over left, rock back onto left
3-4 Step right to right side, cross step left over right
5-6 Step right to right side, cross step left behind right
7&8 Step right to right side, step left beside right, step right to right side

CROSS, ROCK, TRIPLE IN PLACE, CROSS, ROCK, TRIPLE IN PLACE

1-2 Cross step left over right, rock back onto right
3&4 Triple step in place on left-right-left
5-6 Cross step right over left, rock back onto left
7&8 Triple step in place on right-left-right

CROSS, ROCK, VINE LEFT 4 STEPS, TURN $\frac{1}{4}$ LEFT, SCUFF

1-2 Cross step left over right, rock back onto right

- 3-4 Step left to left side, cross step right over left
- 5-6 Step left to left side, cross step right behind left
- 7-8 Step left to left side turning $\frac{1}{4}$ left, scuff right heel, (9:00)

REPEAT
