

Shape I'm In

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jim Watt (AUS)
音樂: The Shape I'm In - Johnny Restivo



STEP, SHIMMY, STEP, SHIMMY

1-4 Step forward on right, shimmy for 3 counts
5-8 Step forward on left, shimmy for 3 counts

HEEL SWITCHES, STEP, ½ LEFT PIVOT, STEP, STEP

1-4 Tap right heel forward to right diagonal, step right next to left, tap left heel forward to left diagonal, step left next to right
5-6 Step right forward, ½ pivot turn left (weight onto left foot)
7-8 Step forward right, left

HEEL TWISTS, HEEL-TOE-HEEL-TOE TWISTS

1-4 Twist both heels to right, twist heels to center, twist both heels to left, twist heels to center
5-8 Twist heels right, twist toes right, twist heels right, twist toes to center

KICK, TOGETHER, KICK, TAP, CROSS ROCK, RECOVER, ¼ RIGHT & ROCK, RECOVER

1-4 Kick left over right, step left beside right, kick right over left, touch right beside left
5-6 Cross right over left, replace weight onto left
7-8 Make ¼ turn right & step right to right side, replace weight onto left

REPEAT

FINISH

Dance ends facing the back wall. Step right forward, shimmy for 3 counts & ½ turn left to face front wall.
