

She's Back

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jane Ng (SG)
音樂: She's Back - Westlife



(LEFT & RIGHT) SCISSORS CROSS, UNWIND ½ LEFT, RIGHT HIP BUMPS

1&2 Step side left, step together with right, step left across front of right
3&4 Step side right, step together with left, step right across front of left
5-6 Bend knees, unwind ½ left
7&8 Bumping hips right, left, right

(LEFT & RIGHT) CROSS ROCK SIDE, LEFT ROCKING CHAIR, LEFT STEP PIVOT ½ TURN RIGHT, FORWARD

1&2 Cross rock left over right, recover on right, step left to left side
3&4 Cross rock right over left, recover on left, step right to right side
5&6& Rock forward on left, recover on right, rock back on left, recover on right
7&8 Step left forward, pivot ½ turn right, step forward left

Restart here during wall 4 facing 9:00

(RIGHT & LEFT) HIP BUMPS FORWARD, PADDLE ¾ RIGHT TURNS

1&2 Step right slightly forward while bumping hips right, left, right
3&4 Step left slightly forward while bumping hips left, right, left
5&6&7&8& Make turn right stepping on right, step left on ball behind right, make turn right stepping on right, step left on ball behind right, make turn right stepping on right, step left together, complete these in ¾ right turns

MONTEREY ½ RIGHT TURN, RIGHT SIDE SHUFFLE, BACK ROCK

1-2-3-4 Point right toe to right side, ½ turn right stepping right next to left, point left toe to left, step left together
5&6 Step side right, step left beside right, step side right
7-8 Rock step back left, return weight onto right

REPEAT

RESTART

On wall 4 (facing 9:00), dance to count 16, change the last step left step forward to touch left next to right, then restart dance

ENDING

After wall 10 (facing 3:00), make ¼ left turn facing front wall, stomp left and pose