

# Shero

拍數: 40      牆數: 0      級數:  
編舞者: Lois Lightfoot (UK)  
音樂: Shero - The Bellamy Brothers



Position: Side by side position

## ROCK SHUFFLE ½ TURN, ROCK SHUFFLE ¼ TURN

1-2            Rock forward onto right foot, rock back onto left foot  
3&4            Make ½ turn to right stepping right, left, right  
5-6            Rock forward onto left, rock back onto right  
7&8            Make ¼ turn to left stepping, left, right, left

## CROSS ROCK, SHUFFLE, CROSS ROCK, SHUFFLE ¼ TURN

1-2            Cross rock right over left, rock back onto left  
3&4            Shuffle in place, right, left, right  
5-6            Cross rock left over right, rock back onto left  
7&8            Make ¼ turn to left stepping left, right, left

## TURN SLIDE SHUFFLE ¼ TURN, TURN SLIDE SHUFFLE ¼ TURN

1-2            Step right forward make ¼ turn to left, slide left up to right  
3&4            Shuffle making a ¼ turn to right step right, left, right  
5-6            Step left forward make ¼ turn to right, slide right to left  
7&8            Shuffle making a ¼ turn to left, step left, right, left

## ROCK FORWARD BACK SHUFFLE ROCK BACK FORWARD SHUFFLE

1-2            Rock forward onto right, rock back onto left  
3&4            Shuffle back stepping right, left, right  
5-6            Rock back onto left, rock forward onto right  
7&8            Shuffle forward stepping left, right, left

## TURN SLIDE SHUFFLE ¼ TURN, TURN SLIDE SHUFFLE ¼ TURN

1-2            Step forward right make ¼ turn left, slide left up to right  
3&4            Shuffle making a ¼ turn to right step right, left, right  
5-6            Step forward left make a ¼ turn to right. Slide right up to left  
7&8            Shuffle making a ¼ turn to left step left, right, left

REPEAT