

# Shock To The System

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Munro Weston (UK)  
音樂: Hangover - Betty Boo



## STEP FORWARD, ¼ TURN HITCH, SCISSOR CROSS, SIDE ROCKS, WEAVE

- 1            Step forward right
- 2            ¼ turn left, with weight on the right and left hitch
- 3&4        Left scissor cross
- 5            Rock right to right side
- 6            Rock left to left side
- 7&8        Weave left, crossing behind

## ROCK FORWARD AND BACK, SYNCOPATED TURN AND REPEAT

- 1-2        Rock forward left, rock back right
- 3&4        Syncopated shuffle forward (left, right, left) making half turn right (swivel pelvis forward)
- 5-6        Rock forward right, rock back left
- 7&8        Syncopated shuffle forward (right, left, right) making half turn left (swivel pelvis forward)

## TOE BACK ¾ TURN, SHUFFLE RIGHT, KICKS AND CROSSES, HALF UNWIND

- 1            Point left toe back
- 2            ¾ turn left stepping on the left
- 3&4        Right shuffle to right side
- 5            Kick left forward
- &            Step left to the left
- 6            Slide right to cross behind left
- &            Step left to the left
- 7            Kick right forward
- &            Step right to the right
- 8            Cross left in front
- &            Unwind ½ turn right

## HIP BUMPS, BACK ROCK ¼ TURN, SIDE AND BACK ROCK, COASTER STEP

- 1-2        Two hip bumps left with weight on the right
- 3&4        Rock left back ¼ turn left, rock onto right, step back left
- 5&6        Rock right to the right, rock onto left, step back right
- 7&8        Left coaster step

## REPEAT

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