

Shock Waves

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Mary Kelly (UK)
音樂: Baby One More Time - Britney Spears



ROCK STEPS, HALF PIVOT, ROCK STEPS, REVERSE HALF PIVOT

1& Rock forward on right, step back in place on left
2& Rock back on right, step forward in place on left
3-4 Step forward right, pivot half turn left (weight ending on right)
5& Rock back on left, step forward in place on right
6& Rock forward on left, step back in place on right
7-8 Step back on left, pivot half turn left (weight ending on left)

KICK, BALL CROSS, BALL CROSS, STOMP, VAUDEVILLE HOPS

9 Kick right forward
&10 Step on ball of right beside left, cross left over right
&11 Repeat counts &10
12 Stomp to right on right
13& Tap left heel forward, step left beside right
14& Cross right over left, step left on left
15& Tap right heel forward, close right beside left
16& Cross left over right, step right on right

HEEL TOE HEEL, AND STEP, HOLD, HIP BUMPS, 3, 4 TURNING TRIPLE

17&18 Tap left forward (heel, toe, heel)
&19 Close left beside right, step right on right
20 Hold
21&22 Hip bumps (right, left, right.)
23 Step left on left making quarter turn to left
& Step slightly forward on right making quarter turn to left
24 Step slightly left on left making quarter turn to left

RIGHT COASTER STEP, SIDE ROCK CROSS HOP (THREE TIMES)

25&26 Step back on right, close left beside right, step forward on right
27& Rock to left on left, rock back in place on right
28& Cross left over right, hop to right on left foot
29& Rock to right on right, rock back in place on left
30& Cross right over left, hop to left on right foot
31&32& Repeat counts 27&28&

REPEAT