

Shook

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Shook - Shawn Desmond



BALL STEPS FORWARD, SIDE, FORWARD, STEP

1&2&3&4 Step forward on ball of right & step in place on left, step side right on ball of right & step left in place, step forward on ball of right & step in place on left, step side right
5&6&7&8 Repeat above 4 counts leading with the left

KICK OUT OUT HOLD IN IN, TOUCH STEP, ¼ TOUCH SIT

9&10-11 Kick right forward & step out on right, step out on left, hold
&12& Step in on right step in on left
13-16 Touch right toe forward, step down on right, turn ¼ turn left (keeping weight on right) while touching left toe forward, bend right knee and sit

SHUFFLE FORWARD, CROSS UNWIND ¾ TURN

17&18 Shuffle forward left-right-left
19-20 Cross right over left unwind ¾ turn left keeping weight on right

SIDE STEP LEFT TOUCH, TUCK ½ TURN (WEIGHT ENDS UP ON RIGHT)

21-22 Step side left on left, touch right toe next to left
23-24 Tuck right toe behind left, turn ½ turn right transferring weight to right

SIDE BEHIND BALL CROSS POINT, TUCK ½ TURN, STEP ¼ TURN TOUCH

25-26&27-28 Step left to left side, step right behind left & step on ball of left to left side, crossing right over left, point left toe to left side
29-30 Tuck left toe behind right, turn ½ turn left keeping weight on right
31-32 Step ¼ turn left on left, touch right toe next to left

REPEAT
