

Short Skirts

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Suzanne Pinder
音樂: Man! I Feel Like a Woman! - Shania Twain



KICK,STEP FORWARD,SHOULDER,SHOULDER

1&2 Kick left foot forward, replace left next to right putting weight on left
3-4 Step right foot forward, (lean slightly onto your right foot), roll right shoulder forward, roll left shoulder back

HIP ROLLS TURNING ¼ TURN

5-6 Roll your hips once to the left, turning 1/8 to your left
7-8 Roll your hips once to the left, turning 1/8 to your left

ROCK,¼ TURN

9-10 Rock forward on right foot, rock back onto left
11&12 Step right behind left, step on left making ¼ turn left, step right next to left

ROCK,¼ TURN

13-14 Rock forward onto left foot, rock back onto right
15&16 Step left behind right, step out right making ¼ turn left, step left next to right

ROCK,UNWIND ½ TURN

17-18 Rock forward onto right foot, rock back onto left
19&20 Cross right foot behind left, unwind ½ turn over right shoulder

ROCK LEFT,BEHIND,SIDE,BEHIND

21-22 Rock out to left side on left foot, rock back onto right
23&24 Cross left behind right, step right to right, step left behind right (feet should be locked)

ROCKS,SLAP HEEL

25&26 Rock to left on outside of left foot and inside of right foot, rock to right on outside of right foot and inside of left foot, rock back over to left, putting weight on right
27&28 Point left toe out to left side, slap left heel behind right knee, point left toe out to left

CROSS,UNWIND ½ TURN,STOMP,STOMP

29-30 Cross left behind right, unwind ½ turn over left shoulder
31-32 Stomp left foot next to right, stomp right next to left

Weight should be on right

REPEAT