

Shout

拍數: 32 牆數: 4 級數: Improver
編舞者: Jessica Richards (UK)
音樂: Shout - Lulu



JUMP FORWARD RIGHT LEFT, KNEE BOPS TWICE

&1-2 Jump forward, stepping out right and left, twist right knee in to left
3-4 Twist left knee in to right, twist right knee in to left
&5-6 Jump forward, stepping out right and left, twist right knee in to left
7-8 Twist left knee in to right, twist right knee in to left

CROSS AND HEEL, CROSS AND HEEL, ¼ TURN, STEP SLIDES

&1&2 Step back on left, cross right over left, step back on left, touch right heel diagonally forward right
&3&4 Step back on right, cross left over right, step back on right, touch left heel diagonally forward left
&5-6 Make a ¼ turn left, stepping left to left side, drag right up to left
7-8 Step right to right side, drag left up to right

SIDE SHUFFLE TWICE, FORWARD SHUFFLE TWICE

1&2 Make a ¼ turn left stepping left to left side, step right next to left, step left to left side
3&4 Step right-to-right side, step left next to right, step right to right side
5&6 Step forward left, step right beside left, step forward left
7&8 Step forward right, step left beside right, step forward left

GRAPEVINE, HEEL JACK, CROSS HOLDS

1-2 Make ¼ turn right stepping left out to left side, cross right behind left
&3&4 Step left to left side, cross right over left, step back on right, touch right heel
&5-6 Step back on right, cross right over left, hold
&7&8 Step right to right side, cross left over right, step right to right side, cross left over right

REPEAT
