Six Pack Summer (P)



拍數: 32 牆數: 0 級數: Partner

編舞者: Dan Albro (USA)

音樂: Six-Pack Summer - Phil Vassar

Position: Side by Side Position facing forward line of dance

1/4 TURN, CROSS BEHIND, SHUFFLE, 1/4 TURN, CROSS BEHIND, SHUFFLE

1-2-3&4 Step forward left doing a 1/4 turn right, cross right behind left, 1/4 turn left shuffle forward left,

right, left

Hands out to side

5-6-7&8 Step forward right doing a 1/4 turn left, cross left behind right, 1/4 turn right shuffle forward right,

left, right

Drop left hands, right hands will go over lady's head on both 1/4 turns

ROCK ½ TURN, SHUFFLE, ¼ TURN, SWAY 2,3, ¼ TURN

1-2-3&4 Rock left forward, begin ½ turn left and step back on right, finish ½ turn shuffling forward left,

right, left

Drop right hand, pick up left hand, left hand goes over mans head on ½ turn

5-6-7-8 Step right forward, doing ¼ turn left as you sway hips right, sway hip left, sway hips right, ¼

turn left and step forward left

Keeping left hands up, bring them over lady's head on 1/4 turn, and pick up right hands

3 SHUFFLES FORWARD (LADY'S FULL TURN RIGHT), STEP ½ PIVOT TURN RIGHT

1&2 Both shuffle forward right, left, right

Side by side position

3&4-5&6 MAN: Shuffle forward left, right, left - right, left, right

LADY: Full turn right shuffling left, right, left - right, left, right

Release left hands, right hands over lady's head for turn, pick up left hands

7-8 Both step forward left pivot ½ turn right and step forward right

Drop right hands, bring left hands over lady's head

1/2 PIVOT TURN, SHUFFLE FORWARD, LADY'S FULL TURN, SHUFFLE FORWARD

1-2-3&4 Step forward left pivot ½ turn right, step right forward, shuffle left, right, left

Left hands will hook behind mans back, pick up right hands in front

5-6 MAN: Walk forward right, left

LADY: Full turn left stepping right, left

Release left hands, bring right hands to lady's right shoulder, pick up left hands

Shuffle forward right, left, right 7&8

REPEAT