Smokin' Cha

拍數: 48

級數: Improver

編舞者: Moses Bourassa Jr. (USA)

音樂: I'm Not Strong Enough to Say No - BlackHawk

SIDE ROCKS, SHUFFLES, FORWARD ROCK, ½ TURN SHUFFLE

- 1-2 Rock to the left side with right, recover on left
- 3&4 Shuffle in place right, left, right
- 5-6 Rock to the right side with left, recover on right
- 7&8 Shuffle in place left, right, left
- 9-10 Rock forward with right, recover on left
- 11&12 Make ¹/₂ turn to the right (right, left, right)

SIDE ROCKS, SHUFFLES, FORWARD ROCK, ½ TURN SHUFFLE

- 13-14 Rock to the left side with left, recover on right
- 15&16 Shuffle in place left, right, left
- 17-18 Rock to the right side with right, recover on left
- 19&20 Shuffle in place right, left, right
- 21-22 Rock forward with left, recover on right
- 23&24 Make ¹/₂ counter to the right left, right, left

ROLLING GRAPEVINES, CROSS ROCKS, FORWARD ROCK, SHUFFLES

- 25-28 Step right making a ¼ turn, step left making ¼ turn, step right make a ½ turn, touch left
- 29-30 Cross left over right, recover on right
- 31&32 Shuffle in place left, right, left
- 33-34 Cross right over left, recover left
- 35&36 Shuffle place right, left, right
- 37-38 Rock forward with left, recover on right
- 39&40 Shuffle in place left, right, touch left

ROLLING GRAPEVINE, HEEL TOUCHES, JAZZ BOX

- 41-44 Step left making a ¼ turn, step right making ¼ turn, step left make ½ turn, stamp right
- 45-48 Step right forward, step left over right then make ¹/₄ turn to the right with right, bring left foot next to right foot

REPEAT





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牆數:4