

S.O.S.

拍數: 40 牆數: 2 級數: Intermediate
編舞者: Marilynne Delurey (CAN)
音樂: S.O.S. - La Bouche



ELECTRIC SLIDE (MOVING FORWARD) WALK BACK

- 1& Step right foot forward, quickly slide and step left foot beside right
- 2& Step right foot forward, quickly slide and step left foot beside right
- 3& Step right foot forward, quickly slide and step left foot beside right
- 4& Step right foot forward, quickly slide and step left foot beside right
- 5 Step back on left foot
- 6 Step back on right foot
- 7 Step back on left foot
- 8 Touch right foot beside left foot (keeping weight on left)

KICK RIGHT AND LEFT, FORWARD TOE STRUTS AND ½ TURNING SHUFFLES

- 9& Kick right foot forward
- 10& Kick left foot forward
- 11-12 Touch right toe forward and drop right heel
- 13-14 Touch left toe forward and drop left heel
- 15-16 Rock forward on right foot, step in place on left foot
- 17&18 Shuffle-right, left, right, making ½ turn to the right

KICK LEFT AND RIGHT, FORWARD TOE STRUTS AND ½ TURNING SHUFFLE

- 19& Kick left foot forward
- 20& Kick right foot forward
- 21-22 Touch left toe forward and drop left heel
- 23-24 Touch right toe forward and drop right heel
- 25-26 Rock forward on left foot, step in place on right foot
- 27&28 Shuffle-left, right, left making ½ turn to the left

SIDE ROCKS AND CROSS SHUFFLE

- 29-30 Rock right foot to right side, recover weight on left
- 31&32 Cross right foot over left foot, step left to left, cross right over left
- 33-34 Rock left foot to left side, recover weight on right
- 35&36 Cross left foot over right foot, step right to right, cross left over right

ROCK FORWARD RIGHT AND ½ TURN

- 37-38 Rock forward on right foot, recover weight on left foot
- 39-40 ½ turning to the right (keeping weight on left foot) hold for one count

REPEAT
