

Spontaneous

拍數: 32 牆數: 2 級數: Improver
編舞者: Levi J. Hubbard (USA), Starla Rodgers (USA) & Jessica Rodgers (USA)
音樂: Party for Two (feat. Mark McGrath) - Shania Twain



WALK FORWARD, KICK-HOOK-KICK, SHUFFLE BACK, BACK CROSS ROCK-RECOVER

- 1 Right - step forward
- 2 Left - step forward
- 3 Right - kick slightly forward
- & Right - cross (hook) in front of left leg
- 4 Right - kick slightly forward
- 5&6 Shuffle back stepping (right-left-right)
- 7 Left - step cross (rock) behind right foot, slightly lifting right foot off floor
- 8 Right - lower foot back to floor (recover)

WALK FORWARD, KICK-HOOK-KICK, SHUFFLE BACK, BACK CROSS ROCK-RECOVER

- 9 Left - step forward
- 10 Right - step forward
- 11 Left - kick slightly forward
- & Left - cross (hook) in front of right leg
- 12 Left - kick slightly forward
- 13&14 Shuffle back stepping (left-right-left)
- 15 Right - step cross (rock) behind left foot, slightly lifting left foot off floor
- 16 Left - lower foot back to floor (recover)

SYNCOPATED VINE (RIGHT), BACK ROCK-RECOVER, ¼ SHUFFLE TURN (LEFT)

- 17 Right - step to side
- 18 Left - cross step behind right foot
- & Right - step slightly backward on (ball of) foot
- 19 Left - cross step in front of right foot
- 20 Right - step to side
- 21 Left - cross step (rock) behind right foot, slightly lifting right foot off floor
- 22 Right - lower foot back to floor (recover)
- 23&24 Shuffle ¼ turn left and step (left-right-left)

FUNKY JAZZ BOX, BACK ROCK-RECOVER, ¼ SHUFFLE TURN (LEFT)

- 25 Right - swing foot out and around cross stepping in front of left foot
- 26 Left - step backward
- & Right - slide slightly backward on (ball of) foot
- 27 Left - cross step in front of right foot
- 28 Right - step to side
- 29 Left - cross step (rock) behind right foot, slightly lifting right foot off floor
- 30 Right - lower foot back to floor (recover)
- 31&32 Shuffle ¼ turn left and step (left-right-left)

REPEAT

JUST FOR FUN

Everytime you here Shania yell Woooh!! yell with her while throwing your hands up in the air.