

拍數: 64      牆數: 0      級數:  
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音樂: Unknown



## **SIDE SHUFFLE - ROCK, STEP**

1&2      Traveling side right, shuffle right, left, right  
3-4      Left rock step behind right - step right in place  
5&6      Traveling side left, shuffle left, right, left  
7-8      Right rock step behind left - step left in place

## **FORWARD SHUFFLE - ROCK, STEP WITH ½ TURN**

9&10      Traveling forward, shuffle right, left, right (start ½ turn to left)  
11-12      Left rock step back - step right in place (completing ½ turn to left)  
13&14      Traveling forward, shuffle left, right, left (start ½ turn to the right)  
15-16      Right rock step back - step left in place (completing ½ turn to the right)

## **FORWARD SHIMMY (HIP WIGGLES)**

17-18      Right step straight forward - hold, wiggle hips  
19-20      Touch left beside right - hold  
21-22      Left step straight forward - hold, wiggling hips  
23-24      Touch right beside left - hold

## **BACKWARD TOE - HEEL STRUT**

25-26      Step back on the balls of right - slap right heel down  
27-28      Step back on the balls of left - slap left heel down  
29-30      Step back on the balls of right - slap right heel down  
31-32      Step back on the balls of left - slap left heel down

## **SIDE STEP - SIDE SHUFFLE**

33-34      Step right to right side - step right behind left  
35&36      Traveling side right, shuffle right, left, right

## **LEFT VINE WITH ¼ TURN LEFT**

37-38      Step left to side - step right behind left  
39-40      Step left make ¼ turn left - scuff right beside left

## **SHIMMY TO THE RIGHT**

41-42      Step right to the right side - hold, wiggling hips  
43-44      Step left beside right - hold

## **HEEL - TOE SWIVELS**

45-46      Traveling left, swivel both heels - swivel both toes  
47-48      Traveling left, swivel both heels - toes to center

## **KICKBALL CHANGE**

49&50      Kick right forward - stepping on ball of right beside left - step left in place  
51&52      Kick right forward - stepping on ball of right beside left - step left in place  
53&54      Right heel touch front - step right beside left - left heel touch front  
55-56      Step left beside right - step right slightly diagonal forward right slide left beside right and clap

## **HIP BUMPS - KNEE PUMPS**

