

In These Shoes?

拍數: 64 牆數: 2 級數: Intermediate
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音樂: In These Shoes? - Bette Midler



MODIFIED RHUMBA BOX TO RIGHT SIDE

1-4 Step right to right side, step left together, step right back, hold
5-6-7&8 Step left to left side, step right together, shuffle left forward

ROCK RIGHT FORWARD, AND TURN ½ TO RIGHT, HOLD, PIVOT TURN ½ TO RIGHT, SHUFFLE FORWARD

1-4 Rock right forward, recover on left, turn ½ to right stepping on right, hold
5-6-7&8 Step left forward, pivot turn ½ to right, recover on right, shuffle left forward

BACK ROCK TO LEFT, RIGHT SIDE SHUFFLE, BACK ROCK TO RIGHT, LEFT SIDE SHUFFLE

1-2-3&4 Rock back right behind left, recover on left, side shuffle right
5-6-7&8 Rock back left behind right, recover on right, side shuffle left

RIGHT JAZZ BOX ¼ TURN RIGHT, PIVOT ¼ TURN RIGHT, LEFT SHUFFLE FORWARD

1-4 Cross right over left, step back left, step right ¼ turn to right, hold
5-6-7&8 Step left forward, ¼ turn to right, recover on right, shuffle left forward

POINT RIGHT TO SIDE, SLIDE RIGHT TOGETHER, MOONWALK BACK 4 TIMES

1-4 Point right to side (bending right knee), slowly bring right home (touch)
5-8 Step back and pop opposite knee and shoulder at the same time: right, left, right, left

MONTERREY TURN, CROSS LEFT, SIDE STEP RIGHT, ROCK BACK LEFT, SIDE SHUFFLE LEFT

1-4 Point right to side, turn ½ to right stepping right next to left, cross left over right, side step right

5-6-7&8 Rock back on left, side shuffle left

On count 2, step right a little bit back of left to make next step easier to execute

POINT RIGHT TO SIDE, SLIDE RIGHT TOGETHER, MOONWALK BACK 4 TIMES

1-4 Point right to side (bending right knee), slowly bring right home (touch)
5-8 Step back and pop opposite knee and shoulder at the same time: right, left, right, left

CROSS RIGHT, UNWIND ½ RIGHT, OUT-OUT, HOLD, SHOULDER MOVES

1-4 Step right over left, slowly unwind ½ to left (3 counts)
&5-6 Step back right, left (out-out), hold
7-8& Shoulder moves (up, the other goes down) right, left, right

REPEAT

ENDING

Start the routine again up to count 30 (pivot ¼ turn to right). You will be facing the front wall. Add these steps

1-2-3 Sway hips left, right, left

For styling, on last sway, pop right knee and chest forward (posing?really)

RESTART

Restarts at end of set 3 and set 7