

Intensity

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Jan Wyllie (AUS)
音樂: Young Love - Twister Alley



- 1&2 Right leg kick ball change
3&4 Shuffle forward right, left, right
5&6 Making ½ turn right shuffle back left, right, left
7-8 Rock/step back on right, rock forward on left
- 9&10 Shuffle forward right, left, right making ½ turn left
11&12 Making a further ½ turn left continue shuffling left, right, left
If the above 2 turning shuffles are not for you, just shuffle straight ahead
13-14 Cross/rock right over left, rock back on left
15-16 Step right to right, cross/rock left over right
- 17-18 Rock back on right, making ¼ turn left step forward on left
19-20 Step forward on right, pivot ¼ turn left transferring weight to left
21-22 Rock/step forward on right, rock back on left
23&24 Step back on right, step left beside right, step forward on right
- 25-26 Touch left heel to left diagonal, step left beside right
27-28 Touch right heel to right diagonal, step right beside left
29&30 Touch left heel forward, touch left toe beside right, touch left toe to left side
31&32 Cross/shuffle to the right left, right, left
- 33-34-35-36 Rock/step right to right, rock weight to left, rock/step right behind left, rock weight to left
37-38 Rock/step right to right, making ¼ turn left rock forward on left
39&40 Shuffle forward right, left, right
- 41-42 Step left toe forward, drop left heel (toe strut)
&43 Step right to right, step left to left
&44 Step right to center, step left beside right
45-46 Rock/step forward on right, rock back on left
47-48 Rock/step back on right, rock forward on left

REPEAT
