

I Sho Do

拍數: 32 牆數: 4 級數: Improver social cha
編舞者: Bobby Joe Meadows (USA) & Barbara Brown (USA)
音樂: I Sho Do - Bonnie Raitt



STEP KICK STEP STEP, STEP KICK STEP STEP

1-2 Step on the right foot, kick the left foot across the right foot
3-4 Step on the left foot, step on the right foot
5-6 Step on the left foot, kick the right foot across the left foot
7-8 Step on right foot, step on left foot

HIPS RIGHT AND RIGHT AND RIGHT AND RIGHT, HIPS LEFT AND LEFT AND LEFT AND LEFT

1&2& Step forward toward the right corner and bumps hips right and right and
3&4 Bump hips right and right
5&6& Step forward toward left corner and bump hips left and left and
7&8 Bump hips left and left

ROCK TURN ½ TURN RIGHT, SHUFFLE, ROCK TURN ¾ TURN LEFT, SHUFFLE

1-2 Rock forward on the right foot, turn ½ turn right on the left foot
3&4 Shuffle right, left, right to the right
5-6 Rock forward on the left foot turn ¾ turn left on the right foot
7&8 Shuffle forward left, right, left

SIDE BEHIND SHUFFLE SIDE BEHIND SHUFFLE

1-2 Step the right foot toward the right corner, step the left foot behind the right foot
3&4 Shuffle toward the right corner right; left, right
5-6 Step the left foot toward the left corner., step the right foot behind the left foot
7&8 Shuffle toward the left corner left, right, left

REPEAT
