

編舞者: Rick Bates (USA) & Deborah Bates (USA) 音樂: The Way You Make Me Feel - Michael Jackson



SYNCOPATED ROCKING CHAIR, FORWARD SHUFFLES. FORWARD WALK

1& Step forward on right foot; rock back onto left foot2& Step back on right foot; rock forward onto left foot

3&4 Shuffle forward (right, left, right) 5&6 Shuffle forward (left, right, left)

7-8 Step forward on right foot; step forward on left foot

SYNCOPATED SIDE ROCK STEP, CROSS, TOE TOUCH, PIVOT, FORWARD SHUFFLE, MILITARY PIVOT TO THE LEFT

9&10 Step to the right on right foot; rock to the left onto left foot; cross right foot over left and step
11-12 Touch left toe next to right; pivot ¼ turn to the left on balls of both feet and shift weight to right

foot

13&14 Shuffle forward (left, right, left)

15-16 Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left

foot

SYNCOPATED SIDE ROCK STEP, TOGETHER, MODIFIED MONTEREY TURN, SYNCOPATED SIDE ROCK STEP, TOGETHER, MODIFIED MONTEREY TURN

Step to the right on right foot; rock to the left onto left foot; step right foot next to left Touch left toe to the left; pivot ½ turn to the left on ball of right foot and step left foot next to

right

21&22 Step to the right on right foot; rock to the left onto left foot; step right foot next to left

Touch left toe to the left; pivot ½ turn to the left on ball of right foot and step left foot next to

right

FORWARD SHUFFLE, FORWARD STEP, TOE TAP, BACK SHUFFLE, STEP BACK, PIVOT TURN

25&26 Shuffle forward (right, left, right)

27-28 Step forward on left foot; touch right toe behind left heel

29&30 Shuffle back (right, left, right)

31-32 Step back on ball of left foot; pivot ¾ turn to the left on balls of both feet and shift weight to

left foot

REPEAT