

# History

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Dougie D (UK)  
音樂: Whole Lotta History - Girls Aloud



## SYNCOPATED WEAVE LEFT, CROSS ROCK, ¼ TURN RIGHT FORWARD SHUFFLE

1-2      Cross right over left, step left to left side  
3&4      Cross right behind left, step left to left side, cross right over left  
&5-6      Step left in place, cross rock right over left, recover on left  
7&8      Step right to right side with ¼ turn right, forward shuffle right, left, right

## FULL TURN (TRAVELING FORWARD) FORWARD SHUFFLE, CROSS MAMBOS TWICE

1-2      Step forward on left, with ½ turn right, step back on right, with ½ turn right  
3&4      Shuffle forward left, right, left  
5&6      Cross right over left, step left in place, step right beside left  
7&8      Step left over right, step right in place, step left beside right (weight on left)

## SIDE ROCK, ¼ TURN LEFT, FORWARD SHUFFLE, FRONT MAMBO, BACK MAMBO

1-2      Rock out to right side, recover on left with ¼ turn left  
3&4      Shuffle forward right, left, right  
5&6      Step forward on left, step right in place, step left beside right  
7&8      Step back on right, step left in place, step right beside left (weight on left)

## SIDE ROCK, CROSS SHUFFLE, HALF TURN, CROSS SHUFFLE

1-2      Side rock to right, recover on left  
3&4      Cross shuffle left: right, left, right  
5-6      Step left to left side, swivel ½ turn right, stepping right beside left  
7&8      Cross shuffle right: left, right, left

## CROSS RIGHT OVER LEFT, ½ TURN LEFT, LEFT SAILOR STEP, FORWARD ROCK, COASTER STEP

1-2      Cross right over left, swivel ½ turn left  
3&4      Step left behind right, step right beside left, step left in place  
5-6      Rock forward on right, recover on left  
7&8      Step back on right, step left beside right, step forward on right

## CROSS STEP, BACK STEP, ¼ TURN LEFT, SAILOR STEP, CROSS STEP, BACK STEP, ¼ TURN RIGHT, SAILOR STEP

1-2      Cross left over right, step back on right with ¼ turn left  
3&4      Step left behind right, step right beside left, step left in place  
5-6      Cross right over left, step back on left with ¼ turn right  
7&8      Step right behind left, step left beside right, step right in place

## KICK BALL CHANGE ON RIGHT TWICE, LONG STEP BACK ON RIGHT, DRAG LEFT BESIDE RIGHT, SHUFFLE FORWARD, LEFT, RIGHT, LEFT

1&2      Kick right leg forward, step right beside left, step left in place  
3&4      Kick right leg forward, step right beside left, step left in place (weight on left)  
5-6      Take long step back on right, drag left beside right with tap  
7&8      Shuffle forward left, right, left

## SCUFF RIGHT, SWIVEL ¼ STEP LEFT ON LEFT, POINT RIGHT TO RIGHT SIDE, CROSS SHUFFLE, ½ TURN, LEFT MAMBO STEP

1-2      Scuff right leg forward, swivel left foot ¼ turn left, at same time point right toes to right side

3&4            Cross shuffle left: right, left, right  
5-6            Cross left over right, swivel ½ turn right  
7&8            Rock left to left side, recover on right, step left beside right

**REPEAT**

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