

Gone And Done It

拍數: 64 牆數: 0 級數:
編舞者: Brenda Woodward (USA)
音樂: Love Gets Me Every Time - Shania Twain



SHUFFLES - (BEGIN WITH LEFT FOOT)

1&2 Left, right, left
3&4 Right, left, right
5&6 Left, right, left
7&8 Right, left, right

SIDE SHUFFLES (CHA-CHA PATTERN)

9 Step left to left side
10 In place shift weight to right
11&12 Cha-cha in place left, right, left
13 Step right to right side
14 In place shift weight to left
15&16 Cha-cha in place right, left, right
17-24 Repeat steps #9-16

SHUFFLES (BEGIN WITH LEFT FOOT)

25&26 Left, right, left
27&28 Right, left, right
29&30 Left, right, left
31&32 Right, left, right

STEP SLIDES (LEFT THEN RIGHT)

33-34 Left to left side - right slides beside left
35-36 Left to left side - right slides beside left
37-38 Right to right side - left slides beside right
39-40 Right to right side - left slides beside right
41-48 Repeat steps #33-40

SHUFFLES (BEGIN WITH LEFT FOOT) - ½ TURN RIGHT

49&50 Left, right, left
51&52 Right, left, right
53&54 Left, right, left
55-56 With weight on left, swing right to right making ½ turn - change weight to right

SHIMMIES

57-58 Shimmy down shaking shoulders
59-60 Shimmy up shaking shoulders
61-62 Shimmy down shaking shoulders
63-64 Shimmy up shaking shoulders

REPEAT