

Eleven

拍數: 32 牆數: 2 級數: Advanced
編舞者: Justine Shuttleworth (AUS)
音樂: Shameless - Garth Brooks



- 1-3 Rock right to right side swaying hips right, sway hips left, sway hips right
&4 Rock back on left, forward on right
5&6 Rolling left; step left to left turning $\frac{1}{4}$ turn left, step forward right turning $\frac{1}{2}$ turn left, step back on left turning a further $\frac{1}{4}$ turn left (full turn)
7&8 Rolling right; repeat above 2 beats on opposite foot
- & Step to left
1&2 Cross shuffle; step right over left, left to left, right over left
3&4 Rock/step left to left, rock right in place, cross/step left over right
& Step right to right turning $\frac{1}{4}$ turn left
5-6 Step back on left, cross right over left
7&8 Unwind $\frac{3}{4}$ turn left, step forward on right, turn $\frac{1}{2}$ turn left (weight on left)
- 1-2 Rolling forward; step forward on right starting to turn full turn right, step back on left completing the turn right
3&4 Rolling forward; step forward on right, step forward on left & turn $\frac{1}{2}$ turn right, step back on right turning a further $\frac{1}{2}$ turn right (almost as if shuffling forward)
& Step left beside right
5-6 Step a big step back on right dragging left heel, step a big step back on left dragging right heel**
7&8 Step back on right, step back on left, cross step right over left
- & Step left foot to left turning $\frac{1}{4}$ turn right
1-2 Step forward on right, with left foot touching inside of right calf muscle & left knee bent pivot on ball of right $\frac{1}{2}$ turn right & step left foot down beside right
3-4 Rock back on right, forward on left
5-6 Step forward on right, pivot $\frac{1}{2}$ turn left (weight on left)
7&8 Shuffle forward; step forward on right, step left beside right, step forward on right
- Optional full turn may be added here**
& Step forward on left turning $\frac{3}{4}$ turn right (weight on left)

REPEAT

TAGS

Before wall 4 (facing the back)

1-2 Step right to right and sway hips right, sway hips left

Before wall 5 (facing the front)

1-4 Step right to right and sway hips right, sway hips left, sway hips right, sway hips left

Before wall 6 (facing the back)

1-2 Step right to right and sway hips right, sway hips left

Continue dance to ** and then restart wall 7 facing front