

# Dance & Shout

拍數: 48                      牆數: 4                      級數: Intermediate  
編舞者: Tom West (CAN)  
音樂: Dance & Shout - Shaggy



## ROCK, RECOVER, CROSS-CHA-CHA

- 1-2                      Rock to right side on right, recover weight on left
- 3&4                      Cross right over left, step to left side on left, cross right over left
- 5-6                      Rock to left side on left, recover weight on right
- 7&8                      Cross left over right, step to right side on right, cross left over right

## SIDE, TOUCH, ¼ TURN, STEP, MODIFIED CUBAN BREAKS

- 9-10                      Step to right side on right, touch left toe beside right and clap
- 11-12                      Turn ¼ left stepping onto left, stomp on right beside left
- 13&14                      Step ball of left to left side, recover weight on right, step ball of left in front of right
- &15&16                      Recover weight on right, step ball of left to left side, recover weight on right, step ball of left in front of right

## PROGRESSIVE CUCARACHAS

- 17&18                      Rock to right side on right, recover weight on left, cross step right over left (moving forward)
- 19&20                      Rock to left side on left, recover weight on right, cross step left over right
- 21&22                      Rock to right side on right, recover weight on left, cross step right over left
- 23&24                      Rock to left side on left, recover weight on right, cross step left over right

## ROCK, RECOVER, ½ TURN CHA, TURN, TURN, CHA-CHA-CHA

- 25-26                      Rock forward on right, recover weight on left
- 27&28                      Cha-cha turn ½ right stepping right, left, right
- 29-30                      Step forward on ball of left turning ½ right, step forward on ball of right turning ½ right
- 31&32                      Cha-cha forward left, right, left

## ROCK, RECOVER, ¾ TURN, CUCARACHA CROSS

- 33-34                      Rock to right side on right, recover weight on left turning 1¼ left
- 35-36                      Step forward on right, pivot turn 1½ left (weight forward on left)
- 37&38                      Cha-cha forward right, left, right
- 39&40                      Rock to left side on left, recover weight on right, cross step left in front of right
- 41-48                      Repeat steps 33-40

## REPEAT

## TAG

Used for Extended Play or Dance Mix versions of "DANCE & SHOUT" only

At the end of the 4th sequence there is a definite change in the music, finish the sequence, and then for the next 32 beats continue doing steps 33-48. You should end up back at the front wall ready to start again from count 1.