

# Dance & Shout

拍數: 0                      牆數: 0                      級數:  
編舞者: Frank Cooper (CAN)  
音樂: Dance & Shout - Shaggy



Sequence: AA-, B, AA, B, A, B, AA-, BBB

## PART A

**WALK FORWARD RIGHT, LEFT, SHUFFLE FORWARD RIGHT FOOT, STEP FORWARD LEFT, ROCK STEP FORWARD RIGHT, STEP LOCK STEP BACK**

- 1-2                      Walk forward right foot, walk forward left foot
- 3&4                     Step forward right, bring left foot up to right foot, step forward right
- 5-7                     Step forward left, rock forward on right, recover onto left
- 8&9                     Step back on right, cross left foot over right, step back on right

**SYNCOPATED JAZZ JUMP OUT LEFT RIGHT, RIGHT KNEE IN, TURN OUT ¼ TURN RIGHT, COASTER STEP, SCUFF & STEP**

- &10                     Jump out left foot, jump out right touching right toe out to side
- 11-12                  Bring right knee in, turn right knee out making a ¼ turn to the right
- 13&14                  Step back on right, step together with left, step forward on right
- 15&16                  Scuff left foot forward, slightly hitch left knee, step onto left

**KICK BALL TOUCH, SIT DOWN AND UP, KICK BALL TOUCH TWIST ½ TURN LEFT**

- 17&18                  Kick right foot forward, step right foot next to left, touch left foot forward
- 19-20                  Bend knees forward while pushing hips back (sit pos), straighten knees while pushing hips forward (stand pos)
- 21&22                  Kick left foot forward, step left foot next to right, touch right foot forward
- 23&24                  Swivel heels to right ¼ turn to left, swivel heels to left ¼ turn to right, swivel heels to right ½ turn to the left weight ending on right foot

**COASTER STEP, STEP FORWARD RIGHT, ROCK STEP FORWARD LEFT, SWEEPING SAILOR STEP ¼ TURN LEFT, & STEP**

- 25&26                  Step back on left foot, step together with right, step forward on left foot
- 27                        Step forward on right foot
- 28-29                  Rock forward on left foot, recover onto right foot
- 30&31                  Sweep left foot around to the left ¼ turn to left and step back on left, step together with right, step forward on left
- &32                      Bring right foot up to left foot in 3rd position, step forward on left

## PART A-

- 1-16                     For Part A-, do the first 16 counts of Part A, go as far as the scuff & step

## PART B

**WALK FORWARD THREE STEPS, STOMP LEFT FOOT FORWARD, SYNCOPATED HEEL SWIVELS ¼ TURN TO THE RIGHT**

- 1-4                      Walk forward right, left, right, stomp left foot forward
- 5&                        Swivel heels left, swivel heels right (bend knees, dipping body)
- 6&                        Swivel heels left, swivel heels right (straighten legs)
- 7&                        Swivel heels left, swivel heels right (bend knees, dipping body)
- 8                         Swivel heels left completing ¼ turn to the right, weight ending on the left foot (straighten legs)

**As you do the swivels for counts 5 - 8 you are gradually making that ¼ turn to the right**

- 9-32                     Repeat counts 1-8 three more times

**In the music Shaggy will sing "shake your body down to the ground". He will sing this as you are doing counts**

5-8 of Part B, so for some added attitude on counts 5 and 7 do a little knee bend dipping your body as described.

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