

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.
