

Dancers Den!

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Chris Hodgson (UK)
音樂: Dancer's Den - Jody Jenkins



TOE-HEEL, SHUFFLE BACK, TOE-HEEL, SHUFFLE FORWARD

1-2 Touch right toe next to left instep, touch right heel next to left instep
3&4 Shuffle back on right-left-right
5-6 Touch left toe next to right instep, touch left heel next to right instep
7&8 Shuffle forward on left-right-left

TOUCH-CROSS TWICE, SIDE-¼ TURN, SHUFFLE FORWARD

1-2 Touch right toe to right side, cross step right over in front of left
3-4 Touch left toe to left side, cross step left over in front of right
5-6 Step right to right side, rock weight onto left making ¼ turn left
7&8 Shuffle forward on right-left-right

HEEL-BALL-CROSS, TOE STRUT, SIDE ROCK, CROSS SHUFFLE

1&2 Touch left heel diagonally forward left, step left in place, cross step right over left
3-4 Step left toe out to left side, drop left heel to floor
5-6 Step right to right side, rock weight onto left
7&8 Cross step right over left, step left to left, cross step right over left

SIDE-¼ TURN, TRIPLE ½ TURN, HEEL SWITCHES, SHUFFLE

1-2 Step left to left side, rock weight onto right making ¼ turn right
3&4 Triple step in place on left-right-left making ½ turn right
5& Touch right heel forward, step right next to left
6& Touch left heel forward, step left next to right
7&8 Shuffle forward on right-left-right

CROSS-BACK, & CROSS TWICE, ½ HINGE TURN, KICK-BALL-CHANGE

1-2 Cross left over in front of right, step back on right
&3 Step left to left side, cross right over in front of left
&4 Step left to left side, cross right over in front of left
5-6 Step left to left side, ½ hinge turn right stepping right to right side
7&8 Kick left forward, step left next to right, step right next to left

STEP-½ TURN TWICE, SHUFFLE FORWARD, STEP-¼ TURN

1-2 Step forward on left, pivot ½ turn right
3-4 Step forward on left, pivot ½ turn right
5&6 Shuffle forward on left-right-left
7-8 Step forward on right, pivot ¼ turn left

REPEAT
