

Chain Reaction!

拍數: 64 牆數: 0 級數:
編舞者: Chris Watson (AUS)
音樂: Chain Reaction - Steps



- 1-2 Rock right to right side, replace weight to left
3&4 Cross shuffle to left, right-left-right
5-6 Step left foot back while doing a ¼ turn to your right, step right foot forward while doing a ½ turn via your right shoulder (completed a ¾ turn)
7&8 Shuffle forward left-right-left
- 1-2 (Repeat first 8 beats) rock right to right side, replace weight to left
3&4 Cross shuffle to left, right-left-right
5-6 Step left foot back while doing a ¼ turn to your right, step right foot forward while doing a ½ turn via your right shoulder (completed a ¾ turn)
7&8 Shuffle forward left-right-left
- 1-2 Rock forward on right foot replace weight back onto left foot
3&4 Right coaster step: step right foot back, left foot back together with right and right foot forward
5-6 Rock forward onto left foot back onto right
7&8 Left coaster step: step left foot back, step right foot back together with left, step left foot forward
- 1-2 Step right foot forward doing a ¼ turn pivot via your left shoulder, take weight onto your left foot
3&4 Cross right foot over left, left foot back and touch right heel forward while clicking fingers with arms at shoulder level. (at a 45 degrees to your right, cross and heel)
&5-6 Cross left over right, right foot back and touch left heel forward (click fingers)
&7-8 Cross right over left, left foot back and touch right heel forward (clicking fingers)
- &1-2 Change weight to right foot while rocking forward onto left, rock weight back onto right
3&4 ½ turn via your left shoulder while shuffling forward left-right-left
5-6 Rock forward onto right foot replace weight back onto left
7&8 ½ turn via your right shoulder while shuffling forward right-left-right
- 1-2 Rock left foot to left side replace weight to right
3&4 Step left foot behind right, step right foot to right side and left foot over right (behind, side, front)
5-6 Rock right foot to right side replace weight to left
7&8 Step right foot behind left, left to left side and right over left, (behind, side, front)
- 1-2 Rock forward onto left foot back onto right
&3-4 Step left foot together while rocking forward on right foot then back on left
&5-6 Step right foot together while rocking forward on left foot then back on right
7&8 Shuffle a ½ turn forward via your left shoulder left-right-left
- &1-2 Rock right to right side, back onto left and right foot over left
&3-4 Rock left to left side, back onto right and left foot over right
&5 Step back onto right foot and step left heel forward
&6 Step back onto left foot and right heel forward
&7 Step back onto right foot and step left heel forward

&8 Step back onto left foot and right heel forward

REPEAT

TAG

On the 3rd wall after 40 beats

1-4 Step left to left side bump hips left, right, left touch right heel together

Restart dance
