

# Caribbean Cadence

拍數: 40      牆數: 1      級數: Intermediate  
編舞者: Karen Paakkari  
音樂: Whose Bed Have Your Boots Been Under? - Shania Twain



## HEEL TAPS (KEEPING FEET SLIGHTLY APART AND TOE ON THE FLOOR...)

1-4      Tap right heel four times & switch feet putting weight on right foot  
5-8      Tap left heel four times

## HEEL SWIVELS

9-11      With weight on toes of both feet... Swivel heels left, right, left  
12      Clap hands

## HIP BUMPS

13-14      Bump hips twice to the right  
15-16      Bump hips twice to the left

## HIP ROLLS

17-20      Roll hips to right, left, right, left

## SHUFFLE TURN

21      Step right foot out to right (angled ¼ turn to right)  
&      Step left next to right  
22      Step right foot forward

## HALF TURN

23-24      Step forward on left; pivot ½ turn to right

## SHUFFLE FORWARD

25&26      Shuffle forward on left, right, left

## HALF TURN

27-28      Step forward on right; pivot ½ turn to left

## SHUFFLE FORWARD

29&30      Shuffle forward on right, left, right

## STEP, ROCK

31-32      Step forward on left; rock back on right

## SHUFFLE TURN

33      Step left foot out to left side (angled at ¼ turn to left)  
&      Step right next to left  
34      Step forward on left

## HALF TURNS

35-36      Step forward on right; pivot ½ turn to left  
37-38      Step forward on right; pivot ½ turn to left  
39      Stomp right foot next to left  
40      Clap hands

## REPEAT

For teaching and practice, try "Hot, Hot, Hot" by Buster Poindexter (the song it was originally choreographed for) and "Old Time Rock N Roll" by Bob Seger

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