

# Cabin Fever

拍數: 52      牆數: 2      級數:  
編舞者: Tania Armstrong  
音樂: Cabin Fever - James Blundell



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## TOE HEEL STRUTS FORWARD

1-8      Step toe of right foot forward, drop heel to the ground. Step toe of left foot forward, drop heel to the ground. Repeat

## STEP-PIVOTS

1-4      Step right foot forward, pivot  $\frac{1}{2}$  turn to the left, step right foot forward again, pivot  $\frac{1}{2}$  turn to the left

## SHUFFLE TURN

5&6      Shuffle forward left-right-left turning  $\frac{1}{2}$  turn to the right on the right foot

7-8      Step back on the right foot, rock forward on the left foot

## TOE HEEL STRUTS FORWARD

1-8      Step right toe forward, drop heel, step left toe forward, drop heel, repeat

## STEP, PIVOT

1-2      Step right foot forward, pivot  $\frac{1}{2}$  turn to the left

3&4      Shuffle to the right, left-right-left turning  $\frac{1}{2}$  turn to the right on the right foot

5&6      Shuffle to the left, left-right-left

7-8      Step back on the right foot, rock forward on the left foot

9-16      Repeat

1-4      Shimmy to the right & clap

5-8      Shimmy to the left & clap

9&10      Shuffle backwards, right-left-right turning  $180^\circ$  to the left on the right foot

11&12      Shuffle forward left-right-left

## REPEAT

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