

Cabin Fever

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



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° to the left on the right foot

11&12 Shuffle forward left-right-left

REPEAT
