

Boomshake

拍數: 32 牆數: 4 級數: Beginner
編舞者: Stella Wilden (UK)
音樂: Equador - Sash!



LEFT POINT, STEP, RIGHT POINT, STEP ½ TURN LEFT

- 1 Point left toe to side left
- 2 Step left forward in front of right
- 3 Point right toe to side right
- 4 Step right forward in front of left
- 5 Unwind ½ turn to left
- 6 Clap & shake (you may like to shake down & the up for styling on the next 2 beats.)
- 7 Shake
- 8 Shake

RIGHT POINT, STEP, LEFT POINT, STEP ½ TURN RIGHT

- 1 Point right toe to side right
- 2 Step right forward in front of left
- 3 Point left toe to side left
- 4 Step left forward in front of right
- 5 Unwind ½ turn to right
- 6 Clap & shake (you may like to shake down & the up for styling on the next 2 beats.)
- 7 Shake
- 8 Shake

ROCK FORWARD, ROCK BACK, ROCK FORWARD, ROCK BACK

- 1 Step right foot forward at a 45 degrees & place weight on it
- 2 Replace weight onto left foot
- 3 Place weight onto right foot
- 4 Place weight onto left foot

RIGHT FORWARD, SLIDE LEFT, LEFT FORWARD, SLIDE RIGHT

- 5 Step right foot forward at 45 degrees
- 6 Slide left up to right & touch
- 7 Step left foot forward at 45 degrees
- 8 Slide right up to left & touch

POINT RIGHT, SWITCH, POINT LEFT SWITCH, KICK KICK RIGHT, RIGHT HEEL, SWITCH, TOUCH, POINT & TOUCH

- 1 Point right toe to side right
- & Step right foot next to left
- 2 Point left toe to side left
- & Step left foot next to right
- 3 Kick right foot forward
- 4 Kick right foot forward
- 5 Touch right heel forward
- & Step right foot next to left ¼ turn right
- 6 Touch left toe beside right foot
- 7 Point left foot to side left
- 8 Touch left foot beside right

REPEAT
