

Black Betty

拍數: 64 牆數: 4 級數: Improver
編舞者: Phil Dennington (UK)
音樂: Black Betty - Tom Jones



ROCKS ¾ TURN LEFT, FORWARD SHUFFLE

1-2 Rock right to right, rock left in place
3-4 Cross rock right behind left, rock left in place
5-6 Turning ¼ left, step back right, turning ½ left, step forward left
7&8 Step forward right, bring left to right, step forward right

STEP ½ PIVOT, MODIFIED JAZZ BOX

1-2 Step forward left, pivot ½ turn right
3&4 Step forward left, bring right to left, step forward left
5-6 Cross step right over left, step back left
7-8 Step right long step right, touch left beside right

STEP, SHIMMY, ROCKS, FORWARD SHUFFLE

1-2 Step left long step left (shimmy shoulders, on vocals "shake your thing")touch right beside left
3-4 Step right long step right(shimmy shoulders, on vocals "shake your thing")touch left beside right
5-6 Rock back on left, rock right in place
7&8 Step forward left, bring right to left, step forward left

ROCK FORWARD, BACK, 1, ½ TURNS, RIGHT, FORWARD SHUFFLE

1-2 Rock forward right, in place left, turning ½ right step forward
3&4 Right, bring left to right, step forward right
5-6 Turning ½ right step back left, turning ½ right step forward right
7&8 Step forward left, bring right to left, step forward left

WALK BACK RIGHT, LEFT, TURNING SHUFFLE, COASTER CROSS

1-2 Step back right, step back left
3&4 Turning ½ right step forward right, bring left to right, step forward right
5-6 Rock forward on left, rock right in place
7&8 Step back left, bring right to left, cross step left over right

ROCK CROSSING SHUFFLE ¼ PIVOTS

1-2 Rock right to right, rock left in place
3&4 Cross step right over left, left step left, cross right over left
5-6 Rock onto left(push hips out) turning ¼ right rock right in place
7-8 Rock onto left(push hips out) turning ¼ right rock right in place

ROCK, FORWARD SHUFFLE, ROCK PIVOT

1-2 Rock onto left(push hips)rock right in place
3&4 Step forward left, bring right to left, step forward left
5-6 Rock onto right(push hips out)turning ¼ left rock left in place
7-8 Rock onto right(push hips out)turning ¼ left rock left in place

ROCK PIVOT ¼, FORWARD SHUFFLE, TURNING TRIPLE STEP

1-2 Rock onto right(push hips out)turning ¼ left rock left in place
3&4 Step forward right, bring left to right, step forward right

5-6 Rock forward on left, rock right in place
7&8 Turning ½ left, step, left, right, left

REPEAT

RESTART

On walls 2 and 4, after step 32

Shimmy shoulders on vocals "shake that thing" on walls 1 and 5 .

On wall 4 of the dance the music drops. Carry on dancing to step 33 then the restart will kick in.
