

American Way

拍數: 64 牆數: 1 級數: Intermediate
編舞者: Linda Ewing (UK)
音樂: A Little Boogie Woogie (In the Back of My Mind) - Shakin' Stevens



- 1-2 Hinge turn $\frac{1}{2}$ right, stepping left, right
3&4 Cross shuffle, left over right
5-6 Rock right to side, recover on left
7&8 Cross shuffle, right over left
- 1-2 Hinge turn $\frac{1}{2}$ right, stepping left, right
3&4 Cross shuffle left over right
5-6 Rock right to right side, turn $\frac{1}{4}$ left step on left
7&8 Right shuffle forward
- 1-2 Walk forward, left, right, (or full turn)
3&4 Shuffle forward, on left
5-6 Rock forward on right, recover on left
7&8 Shuffle $\frac{1}{2}$ turn right
- 1-2 Walk forward, left, right, (or full turn)
3&4 Shuffle forward on left
5-6 Rock forward on right, recover on left
7&8 Right coaster step
- 1-2 Lock step left over right, step back on right
3&4 Lock left over right, step back on right, lock left over right
5-6 Step back on right, step back on left
7&8 Cross shuffle, right over left
- 1-2 Rock left to side, turn $\frac{1}{4}$ right step on right
3&4 Triple $\frac{1}{2}$ turn right left, right, left
5-6 Rock back on right, recover on left
7&8 Triple $\frac{3}{4}$ turn left, right, left, right
- 1&2 Left sailor step
3&4 Right sailor step
5&6 Left forward sailor step
7&8 Right forward sailor step
- 1-4 Left jazz box, on the spot
5-8 Left jazz box, with a $\frac{1}{4}$ turn left

REPEAT