

Shiftwork

拍數: 32 牆數: 4 級數: Beginner
編舞者: Rafel Corbí (ES) - September 2007
音樂: Shiftwork - Kenny Chesney & George Strait



Intro: 32 counts

STEP, HOLD, STEP, HOLD, ROCK & BUMP, RECOVER & BUMP

1-2 Step right forward - hold [12:00]
3-4 Step left forward - hold
5-6 Rock right to right bumping hips slowly to right over two counts
7-8 Recover to left bumping hips slowly to left over two counts

STEP, HOLD, ROCK, RECOVER, TURN, HOLD, ROCK, RECOVER

9-10 Step right to right side - hold
11-12 Rock step left forward - return weight to right
13-14 Turning 1/4 to left step left to side - hold [9:00]
15-16 Rock step right forward - return weight to left

TURN, HOLD, STEPS-BRUSH FORWARD, POINT, HOLD

17-18 Doing a 1/2 turn right step right forward - hold [3:00]
19-20 Step-brush left forward, step brush right forward
21-22 Step-brush left forward, step brush right forward
23-24 Point left toe forward - hold

POINT, HOLD, ROCK, RECOVER, TURN, ROCK, RECOVER & TURN

&25-26 Bring left beside right and point right toe forward - hold
&27-28 Bring right beside left and then rock left forward - return weight to right
29-30 Doing a 1/4 turn left, step left to side - hold [12:00]
31-32 Rock right foot forward - return weight to left doing a 1/4 turn right [3:00]

Start again
