In These Shoes



音樂: In These Shoes - Bette Medler: (CD: Bette)



Starts on vocals.

RHUMBA BOX TO RIGHT SIDE

Step Rt to right side, step Lt together, step Rt back, holdStep Lt to left side, step Rt together, Shuffle Lt Fwd.

ROCK RT FWD. AND TURN ½ TO RT, HOLD, PIVOT TURN ½ TO RT, SHUFFLE LT FWD.

9-12 Rock Rt forward, recover on Lt, turn 1/2 to right stepping on Rt, Hold.
13-16 Step Lt forward, pivot turn 1/2 to right, recover on Rt, Shuffle Lt forward.

BACK ROCK TO LT, RT SIDE SHUFFLE, BACK ROCK TO RT, LT SIDE SHUFFLE

17-20 Rock back Rt behind Lt, recover on Lt, Side shuffle Rt. 21-24 Rock back Lt behind Rt, recover on Rt, Side shuffle Lt.

RT JAZZ BOX 1/4 TURN RIGHT, PIVOT 1/4 TURN RT, SHUFFLE LT FWD.

25-28 Cross Rt over Lt, Step back Lt, Step Rt 1/4 turn to Right, hold.
29-32 Step Lt Fwd, 1/4 turn to Right, recover on Rt, shuffle Lf. Fwd. [6:00]

Sing along: ?In theeese?shoes??, as you point to your shoes in next 4 counts.

POINT RT TO SIDE, SLIDE RT TOGETHER, MOONWALK BACK 4 TIMES

&33-36 Bent Rt knee (&), Point Rt, Slowly bring Rt home (touch)

37-40 Step back and pop opposite knee and shoulder at the same time : Rt, Lt, Rt, Lt.

MONTERREY TURN, CROSS LT, SIDE STEP RT, ROCK BACK LT, SIDE SHUFFLE LT

41-44 Point Rt to side, turn 1/2 to Rt, stepping Rt next to Lt, Cross Lt over Rt, Side step Rt.

45-48 Rock back on Lt, side shuffle Lt. [12:00]

POINT RT TO SIDE, SLIDE RT TOGETHER, MOONWALK BACK 4 TIMES

49-52 Bent Rt knee (&), Point Rt, Slowly bring Rt home (touch)

53-56 Step back and pop opposite knee and shoulder at the same time: Rt, Lt, Rt, Lt.

CROSS RT, UNWIND 1/2 RT, OUT-OUT, HOLD, SHOULDER MOVES

57-62 Step Rt over Lt, slowly unwind 1/2 to Lt (3 counts), step back (out-out), hold [6:00]

63-64 Shoulder moves up as the other comes down: Rt, Lt.

REPEAT

RESTART 1: 2nd wall AFTER count 24.

RESTART 2: 3rd wall, OMIT LAST 8 counts.

ENDING: This dance goes on 6 times, ending in the BACK wall. Start the routine one more time for 30 counts only (You will be facing the front wall).ADD 31,32,33 Rock: Lt, Rt, Lt (throw hips with each beat). For Styling, on last count (33), pop Rt knee and chest Fwd (posing?really).

<u>EMail</u>