

Shiftwork

拍數: 32 牆數: 4 級數: Beginner
編舞者: Moses Bourassa Jr. (USA) & Barbara Frechette (USA) - January 2008
音樂: Shiftwork - Kenny Chesney & George Strait



Also:

The More I Drink by Blake Shelton

So Not My Baby by Josh Turner

Start at vocals

Toe-Heels ,Coaster

- 1 Touch left toe inwards towards right arch
- 2 Touch left heel forward
- 3&4 Step back on left ,step back on right ,step forward on left
- 5 Touch right toe inwards towards left arch
- 6 Touch right heel forward
- 7&8 Step back on right ,step back on left ,step forward on right

Hips Sways,1/4 CCW Turning Shuffles

- 1 Step left forward and sway left hip forwards (weighted)
- 2 Step back on right and sway right hip backwards (weighted)
- 3& Step forward on left ,step forward on right
- 4 Step left making ¼ CCW Turn
- 5& Step right to right side ,step left next to right
- 6 Step right back making ¼ CCW turn
- 7 Step left to left side making ¼ CCW Turn
- &8 Step quickly with right next to left. step left next to right

Toe-Heels ,Coaster

- 1 Touch right toe inwards towards left arch
- 2 Touch right heel forward
- 3&4 Step back on right ,step back on left ,step forward on right
- 5 Touch left inwards towards right arch
- 6 Touch left heel forward
- 7&8 Step back on left ,step back on right ,step forward on left

Forward Shuffles ,Hips Sways ,1/2 CCW Turning Shuffle

- 1&2 Shuffle forward right ,left ,right
- 3 Step forward on left and sway hips forward (weighted)
- 4 Step back on right and sway hips backwards (weighted)
- 5& Step left making ¼ CCW turn ,step right next to left
- 6 Step forward on left making ¼ CCW Turn
- 7&8 Shuffle forward right ,left ,right

Begin again.