

Shiftwork

拍數: 32 牆數: 2 級數: Improver
編舞者: Aggie Marler (USA) - January 2008
音樂: Shiftwork (feat. George Strait) - Kenny Chesney



ROCK, RECOVER, SHUFFLE RIGHT, ROCK, RECOVER, SHUFFLE LEFT

1, 2 Cross rock right diagonally over left, recover to left
3 & 4 Shuffle to the right (right-left-right)
5, 6 Cross rock left diagonally over right, recover to right
7 & 8 Shuffle to the left (left-right-left)

TAG – Here during wall 13. (The Last Tag in the dance)

ROCK, RECOVER, SIDE, ¼ R 2X, ROCK, RECOVER, SIDE

1, 2, 3 Cross rock right diagonally over left, recover to left, step side on right
4, 5 Turn ¼ to right step forward on left, turn ¼ to right step side on right
6, 7, 8 Cross rock left diagonally over right, recover to right, step side on left

TAG – Here during walls 5 and 9.

ROCKING CHAIR, 1/8 L 2X

1, 2 Rock fwd on right, recover to left
3, 4 Rock back on right, recover to left
5, 6 Step fwd on right, turn 1/8 L, step on left (roll hips)
7, 8 Step fwd on right, turn 1/8 L, step on left (roll hips)

ROCKING CHAIR, ½ L, ¼ L

1, 2 Rock fwd on right, recover to left
3, 4 Rock back on right, recover to left
5, 6 Step fwd on Right, turn ½ L and step on left
7, 8 Step fwd on Left, turn ¼ L and step side on left

BEGIN DANCE AGAIN

TAG: ALSO - At the end of walls 2,6 and 10.

Make ½ turn L & STOMP Right (keep weight on left), ½ turn R and STOMP 2X (R, L), ½ turn R and STOMP 3X (R, L, R), WIGGLE and/or TWIST HIPS, then RESTART DANCE at beginning

Simplified Tag (for beginners or if you miss the first turn): STOMP fwd R (keep weight on L), STOMP side 2X (R, L), ½ turn R and STOMP 3X (R, L, R), WIGGLE and/or TWIST HIPS, then RESTART DANCE at beginning

For the Calypso/Cha feeling emphasize the “1’s” & “5’s”!

The tags may sneak up on you but they are very obvious because the music stops! There will be lots of smiles because everyone is trying to remember where they are! Here’s the cheat sheet:

Do the dance 2X, TAG, 2 ½ X, TAG, 1X, TAG, 2 ½ X, TAG, 1X, TAG, 2 ¼, TAG, no more tags!

ENJOY!