Shinola

級數: Intermediate

編舞者: Toni Holmes (UK) - March 2008

音樂: Shinola - Dolly Parton : (Album: Backwoods Barbie)

Note: When dance to Shionla: 2 tags, at the end of dance repetition 1 and 5 and 6 music slows down at end, continue to dance at normal speed.

Or Music: Tangled Up: Billy Currington

Section 1: Paddle 1/4 Left x2, Rock Forward, Step Out Right, Left

- 1-2 Step forward on right. Pivot 1/4 turn left rocking weight onto left.
- 3-4 Step forward on right. Pivot 1/4 turn left rocking weight onto left
- 5-6 Rock forward on right, recover back onto left.
- 7-8 Step right to right side, step left to left side

Section 2: Back Rock, Right Shuffle Forward, Forward Rock, Shuffle 1/2 Turn Left

- 1-2 Rock back onto right, recover forward onto left.
- 3&4 Step forward on right, close left to meet, step forward on right
- 5-6 Rock forward on left recover back onto right
- 7&8 Shuffle ½ turn left stepping left, right, left.

Section3: Walk Forward x2, Forward Rock, Step Out Right Left, Back Rock

- 1-2 Walk forward right, walk forward left
- 3-4 Rock forward on right, recover back on left
- 5-6 Step right to right side, step left to left side
- 7-8 Rock back on right, recover forward on left

Section 4: Right Shuffle Forward, Pivot 1/4 Turn, Cross Shuffle, Side Rock, 1/4 Turn.

- 1&2 Step forward on right, close left to meet, step forward on right
- 3-4 Step forward on left pivot 1/4 turn right
- 5&6 Cross left over right, step right to right side, cross left over right
- 7-8 Rock right to right side, recover on left making 1/4 turn right

Section 5: Back Rock, Shuffle Forward, Forward Rock, Shuffle Back.

- 1-2 Rock back on right, recover forward on left
- 3&4 Step forward on right, close left to meet, step forward on right
- 5-6 Rock forward on Left. recover back on Right.
- 7&8 Step back on left, close right to meet, step back on left

Section 6: Full Turn, Back Rock, Skates x2, Right Shuffle

- 1-2 Turn 1/2 turn right, stepping right forward, turn 1/2 right, stepping left back
- 3-4 Rock back on right, recover forward on left
- 5-6 Skate forward on right, skate forward on left
- 7&8 Step forward on right, close left to meet, step forward on right

Section 7: Rock Recover 1/4 Turn, Chasse Left, 1/4 Turn, Pivot 1/4 Turn, Cross Shuffle

- 1-2 Rock forward on left, recover on right making ¼ turn left
- 3&4 Step left to left side, close right to meet, step left to left side making ¼ turn left
- 5-6 Step forward on right pivot ¼ turn left
- 7&8 Cross right over left, step left to left side, cross right over left

Section 8: Side Close, Shuffle Forward, Rocking Chair





拍數: 64

牆數:4

- 1-2 Step left to left side, close right to meet
- 3&4 Step forward on left, close right to meet, step forward on left
- 5-6 Rock forward on right, recover back on left
- 7&8 Rock back on right, recover forward on left

TAG: Step Out Right Left, Kickball Change 1-2 Step right to right side, step left to left side

3&4 Kick right forward, step next to left, step left in place.