

So Macho

拍數: 64 牆數: 2 級數: Improver
編舞者: Rebecca Armstrong (SCO) - May 2008
音樂: So Macho - Sinitta



LEFT HEEL, RIGHT HEEL, SHUFFLE DIAGONAL TWICE

1-2 Touch left heel to left diagonal, step on left
3-4 Touch right heel to right diagonal, step on right
5&6 Step left to left diagonal, step right beside left, step left to left diagonal
7&8 Step right to right diagonal, step left beside right, step right to right diagonal

LEFT HEEL, RIGHT HEEL, SHUFFLE DIAGONAL TWICE

1-2 Touch left heel to left diagonal, step on left
3-4 Touch right heel to right diagonal, step on right
5&6 Step left to left diagonal, step right beside left, step left to left diagonal
7&8 Step right to right diagonal, step left beside right, step right to right diagonal

TOE STRUT, TOE STRUT, ROCK, RECOVER, SHUFFLE

1-2 Step left forward, drop left heel taking weight
3-4 Step right forward, drop right heel taking weight
5-6 Rock left forward, recover back on to right
7&8 Step left back, step right beside left, step left back

TOE STRUT, TOE STRUT, ROCK, RECOVER, SHUFFLE

1-2 Step right back, drop right heel taking weight
3-4 Step left back, drop left heel taking weight
5-6 Rock right back, recover forward on to left
7&8 Step right forward, step left beside right, step right forward

CROSS ROCK, RECOVER, SIDE SHUFFLE, ½ SIDE SHUFFLE, CROSS SHUFFLE

1-2 Cross left over right, recover on to left
3&4 Step left to side, step right beside left, step left to side
5&6 Step right to side making ½ turn over right shoulder, step left beside right, step right to side
7&8 Cross left in front of right, step right to side, cross left in front of right

STEP, KICK, STEP PIVOT, KICK BALL CROSS, KICK BALL CROSS

1-2 Step right forward, kick left forward
3-4 Step left back, pivot ½ turn over left shoulder taking weight on to left
5&6 Kick right across left, step right beside left, step left beside right
7&8 Kick right across left, step right beside left, step left beside right

CROSS ROCK, RECOVER, ¼ SHUFFLE, ROCK, RECOVER, COASTER STEP

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

STEP, HEEL, STEP, HEEL, HIP BUMPS X5

1-2 Step right to side, touch left heel to left diagonal
3-4 Step left to side, touch right heel to right diagonal
5-6 Step on right bumping hips to right, transfer weight to left bumping hips to left

7&8

Transfer weight to right bumping hips, transfer weight to left bumping hips, transfer weight to right bumping hips

REPEAT
