

She Wolf

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jo Kinser (UK), John Kinser (UK) & Mark Furnell (UK) - September 2009
音樂: She Wolf - Shakira : (Single: She Wolf)



Start 32 counts in.

(1-8) Rock Step, Step Lock Back, ½ Turn, Hold, & Back & Back

1,2 Rock Rt Fwd, Replace Weight on Lt
3&4 Step Rt back, Lock Lt over Rt, Step Rt Back
&5,6 Make 1/2 Turn Lt stepping Lt in place, Step Rt to Rt (weight even), Hold
&7 Step Rt Back, Step Lt to Lt
&8 Step Rt Back, Step Lt to Lt

(9-16) Rock Back, Walk Fwd, ¼ Rock & Cross, ¼ Turn

1,2 Rock Rt back, Replace Weight on Lt
3,4 Walk Fwd Rt, Lt
5&6 Make ¼ Turn Lt Rocking Rt to Rt, Replace weight Lt, Step Rt over Lt
7,8 Make ¼ Turn Rt stepping back Lt, Make ¼ Turn Rt stepping Rt to Rt

Restart Here. Note on Count 8 Touch Rt in place.

(17-24) Cross Rock, Chasse Step, Cross ¼, Coaster Step

1,2 Rock Lt over Rt, Replace weight Rt
3&4 Step Lt to Lt, Step Rt next to Lt, Step Lt to Lt
5,6 Cross Rt over Lt, Make ¼ Turn Rt stepping back Lt
7&8 Step Rt back, Step Lt next to Rt, Step Rt Fwd (Prep for Turn)

(25-32) Full Turn, ¾ Turn, Rock & Step, & Pop & Pop

1,2 Make ½ Turn Rt stepping back Lt, Make ½ Turn Rt stepping Fwd Rt
3&4 Step Lt fwd, Make ½ Turn Rt (weight Rt), Make ¼ Turn Rt stepping Lt to Lt
5&6 Rock Rt back, Replace weight Lt, Step Rt to Rt
&7&8 Pop Knees Fwd, Replace weight central, Pop Knees Fwd, Replace weight Lt

Restart: After the 4th Rotation, Dance 16 Counts and Start Again Facing 9 o'clock.

HAVE FUN !!

Co-choreographers: (08.09)

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