

She Wolf

拍數: 32 牆數: 4 級數: Easy Intermediate
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音樂: She Wolf - Shakira



Start on Vocals

CROSS, SIDE, BEHIND, HEEL JACK, & CROSS, SIDE STEP, COASTER STEP

1-2 Cross right in front of left, Step left to left side
3&4 Step right behind left, Step back on left, Touch right heel diagonally right
&5 Step right beside left, Step left across in front of right
6 Step right to right side
7&8 Step back with left, Step together with right, Step forward with left (12:00)

STEP, PIVOT 1/2 LEFT, FULL TURN, SHUFFLE FORWARD, ROCK, RECOVER

1-2 Step right forward, Pivot 1/2 turn left (6:00)
3 Turn 1/2 over left shoulder stepping right back (12:00)
4 Turn 1/2 over left shoulder stepping left forward (6:00)
5&6 Shuffle forward R-L-R
7-8 Rock forward on left, Recover back on right

COASTER STEP, ROCK, RECOVER, SAILORS STEP, SAILORS STEP-1/4 TURN LEFT

1&2 Step back with left, Step together with right, Step forward with left
3-4 Rock forward on right, Recover back on left
5&6 Step right behind left, Step left to left, Step right next to left
7&8 Step left behind right turning 1/4 left, Step on right, Step left next to right (3:00)

STEP, PIVOT 1/2 LEFT, 1/2 TRIPLE TURN LEFT, BACK ROCK, RECOVER, SHUFFLE

1-2 Step right forward, Pivot 1/2 turn left (9:00)
3&4 Turn 1/2 left doing a Right, Left, Right triple (3:00)
5-6 Rock back on left, Recover forward on right
7&8 Shuffle forward: L-R-L

REPEAT

TAG:

After completing 4 walls and facing 12:00, add this ONE TIME 16 count EASY TAG.

SIDE SHUFFLE, BACK ROCK, RECOVER. SIDE SHUFFLE, BACK ROCK, RECOVER

1&2 Side shuffle right: R-L-R
3-4 Rock back on left, Recover on right
5&6 Side shuffle left: L-R-L
7-8 Rock back on right, Recover on left

ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, COASTER STEP

1-2 Rock forward on right, Recover back on left
3&4 Step back with right, Step together with left, Step forward with right
5-6 Rock forward on left, Recover back on right
7&8 Step back with left, Step together with right, Step forward with left