

Shiftwork

拍數: 32 牆數: 4 級數: Improver
編舞者: Tina Argyle (UK) - March 2010
音樂: Shiftwork - Kenny Chesney



Start on lyrics 32 counts from start of track (16 seconds)

Right Step Lock. Step, Lock, Step Fwd. Rock Fwd, Recover. Coaster Step.

1 - 2 Step fwd. Right. Lock Left behind Right.
3&4 Step fwd. Right. Lock Left behind Right. Step Fwd. Right.
5 - 6 Rock fwd. onto Left. Recover weight back onto Right.
7&8 Step back Left. Step back Right. Step fwd. Left.

½ Pivot turn. ½ Shuffle Turn. Step, Drag. Walk, Walk.

9 - 10 Step fwd. Right. ½ pivot turn Left onto Left. (6 o'clock)
11&12 ¼ turn left stepping Right to right side. Step Left at side of Right. ¼ turn left stepping back Right. (12 o'clock)
13 - 14 Take long step back Left. Drag Right towards Left.
15 - 16 Step back Right. Step back Left.

Rock Back, Recover. Shuffle. ¼ Pivot Turn, Cross Shuffle.

17 - 18 Rock back onto Right. Recover weight fwd. onto Left.
19&20 Step fwd. Right. Close left at side of Right. Step fwd. Right.
21 - 22 Step fwd. Left. ¼ pivot turn Right onto Right. (3 o'clock)
23&24 Cross Left over Right. Step Right to right side. Cross Left over Right.

Side, Together. Side, Together with Hip pushes. Rocking Chair (or ½ Pivot x2)

25-26 Step Right to Right side. Step left at side of Right.
27-28 Step Right to Right side .Step left at side of Right.

On steps 25 - 28 push the hips left and right as you step to create an anti- clockwise circular motion!! "Hula! Hula!"

29-30 Rock fwd. onto Right. Recover weight back onto Left.
31-32 Rock back onto Right. Recover weight fwd. onto Left.

NB: Counts 29 - 32 can also be danced as 2 x ½ pivot turns - turning Left.

Thanks to Honky Tonk Cliff for pointing out this track! ENJOY!!

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