Shoppin' Around



拍數: 56 牆數: 4 級數: Intermediate

編舞者: Lisa McCammon (USA) - November 2011

音樂: Shoppin' Around - Elvis Presley: (CD: GI Blues - 2:23)



16 count intro--start dancing on "HUGGin'est." Counterclockwise rotation; start weight on L Sequence: 56, 56, tag, 56, tag, 56, big finish

[1-8] CROSS, SIDE, BEHIND, SIDE, CROSS ROCK, REC, FWD 1/4 R, HOLD

1-2-3-4 Cross step R over L, step L to side, step R behind L, step L to side 5-6-7-8 Cross rock R over L, recover L; turn ¼ R [3] stepping fwd R, HOLD

[9-16] FWD ROCK, REC, COASTER STEP, ROCKING CHAIR

1-2, 3&4 Rock fwd L, recover R; step back L, close R, step fwd L

5-6-7-8 Rock fwd R, recover L, rock back R, recover L

[17-24] FWD, HOLD, FWD ROCK, REC, TURN ½, TURN ½, SIDE ¼ L, BRUSH

1-2-3-4 Step fwd R, HOLD, rock fwd L, recover R

5-6 Turn ½ L [9] stepping fwd L, turn ½ L [3] stepping back R

Non-turn option: walk back L, R,

7-8 Turn ¼ L [12] stepping side L, brush R

[25-32] CROSS, BACK, SIDE, KICK-OUT-OUT, HOLD, HOLD, HOLD

1-2-3 Cross step R over L, step back L, step side R

4&5 Kick L fwd, step down L, step R (out-out; keep feet fairly close together)

6-7-8 HOLD, HOLD, HOLD (wt ends on L)

Optional styling: hands down at sides, palms flat (umpire's "safe" call); look to L

[33-40] SIDE, DRAG, BACK ROCK, REC, SIDE, BEHIND, FWD 1/4 L, SWEEP

1-2-3-4 Step R to side, drag L to R; rock back L, recover R

5-6-7-8 Step L to side, step R behind; turn 1/4 L [9] stepping fwd L, sweep R to front

[41-48] SLOW UNWIND 3/4 L, CHASSE R, BACK ROCK REC

1-2-3-4 Cross R over L at ankles and unwind ¾ L [12] ending with weight on L

Optional styling: during unwind, lift shoulders alternately R, L, R, L

5&6, 7-8 Step R to side, close R, step R to side, rock back L, recover R

[49-56] SIDE, BEHIND, FWD 1/4 L, HOLD, FWD ROCK, REC, SIDE ROCK, REC

1-2-3-4 Step L to side, step R behind, turn ¼ L [9] stepping fwd L, HOLD

5-6-7-8 Rock fwd R, recover L, rock side R, recover L

TAG: done first time facing [6], second time facing [12]

[1-8] KICK, KICK, COASTER STEP-&-STEP-KICK, COASTER STEP

1-2 3&4&5-6 Kick R fwd 2X, back R, close L, fwd R, ball L, step R, kick L

7&8 Back L, close R, step fwd L

[9-16] STEP, HOLD, TURN 1/4 L, HOLD, STOMP, CLAP, STOMP, CLAP

1-2-3-4 Step fwd R, HOLD; turn 1/4 L [3] taking weight onto L, HOLD

5-6-7-8 Stomp R to R diag, clap; stomp L to L diag, clap

[17-24] TRIPLE DIAG TO R, TRIPLE DIAG TO L, FWD ROCK, REC, SIDE ROCK, REC

1&2, 3&4 Step fwd R, step L next to R, step fwd R; step fwd L, step R next to L, step fwd L

5-6-7-8 Rock R fwd, recover wt L; rock R to R side, recover L

BIG FINISH: After the second tag, you will have completed a full rotation and you will be facing [6]. Dance through count 14, (first two counts of the rocking chair), then substitute a turn ¼ R, touch L for the last two counts of the rocking chair.

This gets you to the front wall. Continue with the remaining steps.

[1-8] CROSS, SIDE, BEHIND, SIDE, CROSS ROCK, REC, FWD 1/4 R, HOLD

1-2-3-4 Cross step R over L, step L to side, step R behind L, step L to side 5-6-7-8 Cross rock R over L, recover L; turn ¼ R [3] stepping fwd R, HOLD

[9-16] FWD ROCK, REC, COASTER STEP, FWD ROCK, REC, SIDE 1/4 R, TOUCH

1-2, 3&4 Rock fwd L, recover R; step back L-close-fwd L5-6 Rock fwd R, recover L (half of your rocking chair)

7-8 Turn ¼ R [12] stepping side R, touch L

[17-24] SIDE L, HOLD, HOLD, HOLD, HOLD, HOLD, CROSS ROCK, REC

1-6 Step L to side holding for counts 2, 3, 4, 5, 6
(optional arm styling during holds: umpire's "safe" motion)
7-8 Cross rock R over L, recover L

[25-32] CHASSE R, BACK ROCK, REC, SIDE, BEHIND, SIDE, CROSS

1&2, 3-4 Step R to side, close L, step R to side; rock back L, recover R

5-6-7-8 Step L to side, step R behind L, step L to side, cross step R over L (wt R)

[33-40] SIDE L, HOLD, HOLD, HOLD, HOLD, HOLD, CROSS ROCK, REC

1-6 Step L to side holding for counts 2, 3, 4, 5, 6, transferring weight to L on 6

(Optional arm styling during holds: umpire's "safe motion")

7-8 Cross rock R over L, recover L

[41-48] SIDE, HOLD, BACK ROCK, REC, SIDE, HOLD, BACK ROCK, REC

1-2-3-4 Step R to side, HOLD, rock back onto L, recover R5-6-7-8 Step L to side, HOLD, rock back onto R, recover L

[49-55] KICK-BALL-STEP-BALL-STEP, HOLD, KICK-BALL-STEP, STOMP

1&2&3-4 Kick R, step on ball of R, step L slightly fwd, step on ball of R, step L slightly fwd, HOLD

5&6-7 Kick R, step on ball of R, step L slightly fwd, stomp R slightly fwd

Note: you'll need to keep your steps small in this section

(Optional styling on count 7: umpire's "safe" motion with arms.

Note that there's no count 8 in this set)

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