

Dance & Shout

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Darren Bailey (UK), Roy Hadisubroto (NL) & Raymond Sarlemijn (NL) -
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音樂: Dance & Shout - Shaggy



Step forward, Michael Jackson kick, step out, touch, weight change from right to left.

- 1 LF step forward.
- & Hitch up Rknee.
- 2 Kick lower part RF.
- 3 RF step out right.
- 4 LF touch on too left.
- 5,6,7,8, Bounce weight to LF, facing 12:00

Slide right, (hands up Optional), slide left, (hands up Optional), ½ peddle turn.

- 1 RF slide right.
- 2 LF close RF, both hands next to head.
- 3 LF slide to left.
- 4 RF close LF, both hands next to head.
- 5 Turn 1/8 over left, RF touch right.
- 6 Turn 1/8 over left, RF touch right.
- 7 Turn 1/8 over left, RF touch right.
- 8 Turn 1/8 over left, RF touch right, facing 18:00.

Step forward, kick forward, step backwards, touch backwards, step diagonal together, step diagonal together.

- 1 RF step forward.
- 2 LF kick forward.
- 3 LF step backwards.
- 4 RF touch backwards.
- 5 RF step diagonal 19:30
- 6 LF close back RF.
- 7 RF step diagonal 19:30.
- 8 LF touch back RF.

Swivel left, swivel right, hand clap, hip bounces, ¼ turn left.

- 1 LF swivel left.
- 2 RF swivel right.
- 3 clap both hands left.
- 4 Lower both hands.
- 5 Weight on RF and bounce right hip backwards
- & Bounce left hip forward.
- 6 Bounce right hip backwards.
- & Bounce left hip forward.
- 7 Bounce right hip backwards.
- 8 ¼ turn left, LF step forward, 15:00.

Walk, walk, kick and out, kick and out, ¼ turn left.

- 1 RF step forward.
- 2 LF step forward.
- 3 RF kick forward.
- & RF close LF.
- 4 LF touch left.

- 5 LF kick forward.
- & LF close RF.
- 6 RF touch right.
- 7 RF step forward.
- 8 1/4 turn left, weight on LF, 12:00.

Mambo right, mambo left, ½ walk around.

- 1 RF step right.
- & Recover weight on LF.
- 2 RF close LF.
- 3 LF step left.
- & Recover weight on RF.
- 4 LF close RF.
- 5 RF step forward.
- 6 LF step forward.
- 7 ¼ Turn left, RF step forward.
- & ¼ Turn left, LF step forward.
- 8 RF step forward, start again.

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