

Shiver

拍數: 64 牆數: 1 級數: High Intermediate - NC2
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音樂: Shiver - Shawn Desman



Step Pivot Turn, ¼ Side w/ Sweep, Weave-Cross Rock, Weave- ¾ Turn

1-&-2 Step L fwd, ½ Turn Pivot R, ¼ Turn R stepping L to L
3-&-4 Step R behind L, Step L out to L, Cross Rock R over L
5-&-6 Recover back on L, Step R out to R, Cross L over R
& - 7 ¼ Turn L stepping R back, ½ Turn L stepping L fwd and sweeping R out

Mambo Step, Back ¼ Cross, ¼ Back, ½ Step Fwd, Walk around ¾ Turn

8-&-1 Rock fwd on R, Recover back on L, Step back on R (drag L towards R)
2-&-3 Step back on L, ¼ Turn R stepping R out to R, Cross L over R
4-&-5 ¼ Turn L stepping back on R, ½ Turn L stepping L fwd, Step R fwd
6-7-8 ½ Turn L walking around L, R, L (as you are walking around table)

Step Pivot Turn, ¼ Side w/ Sweep, Weave-Cross Rock, Weave- ¾ Turn

1-&-2 Step R fwd, ½ Turn Pivot L, ¼ Turn L stepping R to R
3-&-4 Step L behind R, Step R out to R, Cross Rock L over R
5-&-6 Recover back on R, Step L out to L, Cross R over L
& - 7 ¼ Turn R stepping L back, ½ Turn R stepping R fwd and sweeping L out

Mambo Step, Back ¼ Cross, ¾ Turn Step Fwd, ¼ Pivot, Cross ¼ - ½ Step Fwd

8-&-1 Rock fwd on L, Recover back on R, Step back on L (drag R towards L)
2-&-3 Step back on R, ¼ Turn L stepping L out to L, Cross R over L
4&5-6 ¼ Turn R stepping back on L, ½ Turn R stepping R fwd, Step L fwd, Pivot ¼ Turn R taking weight on R
7&8& Cross L over R, ¼ Turn L stepping R back, ½ Turn L stepping L fwd, Step R fwd

Mambo ½ Turn, Step ½ Rock, Back-Back ¾ Turn, Weave

1-&-2 Rock fwd on L, Recover back on R, Step L back beside R as you swing R leg out for ½ Turn to the R
3-&-4 Step fwd on R, Step fwd on L pivoting ½ Turn R, Step/Rock fwd on R
5-&-6 Step back L, Step back R, ¾ Turn L stepping L fwd and sweeping R out/around
7&8& Cross R over L, Step L out to L, Cross R behind L, Step L out to L
(use the last & as a prep getting ready for a full turn L)

Full Turn w/ Rock, ½ Turn w/ L Basic, R Basic w/ Side Rock-Recover

1-&-2 ½ Turn L stepping R out to R, ½ Turn L stepping L out to L, Cross rock R over L
3-&-4 Recover back on L, ¼ Turn R stepping R fwd, ¼ Turn R stepping L out to L
5-&-6 Rock R behind L, Recover down on L, Big step out to R with R
7&8& Rock L behind R, Recover down on R, Rock L out to L, Recover over on R

Cross Rock-Recover, ¼ Turn Cross Back-Side-Cross, ¼ Cross w/ Weave

1-2& Cross L over R, Rock R out to R side, Recover back onto L (slightly travelling forward)
3-4& Cross R over L, Step L to L side, Make 1/8 turn R and step back on R
5-6& Step L back, Make 1/8 turn R and step R to R side, Step L across r to R diagonal
7&8& Make ¼ turn R crossing R over L, Step L to L side, Cross R behind L, Step L to L

Mambo-Drag, Behind ¼ Turn-Full Turn Spiral, Step ½ Turn, 2 Walk Fwd

1-&-2 Cross rock R over L, Recover back onto L, Step R to R side dragging L back

3-&-4 Cross L behind R, Make $\frac{1}{4}$ turn R stepping R forward, Step forward on L and make a full spiral turn over R shoulder (end with weight L)

5-&-6 Step R forward, Step L forward, Pivot $\frac{1}{2}$ turn R taking weight onto R

7-8 Walk forward L, R
