

Shout Shout

拍數: 32 牆數: 2 級數: Newcomer / Novice - Novelty
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音樂: Shout! Shout! (Knock Yourself Out) - Rocky Sharpe & The Replays : (CD: Shout! Shout!)



Intro: 32 count

HEEL DIGS WITH HANDS UP, BEHIND, SIDE, CROSS, HEEL DIGS WITH HANDS UP, BEHIND, SIDE, CROSS

- 1 RF dig heel diagonally forward right and raise both hands up
- 2 RF dig heel diagonally forward right and raise both hands up
- 3 RF step behind LF
- & LF step side left
- 4 RF step across left
- 5 LF dig heel diagonally forward left and raise both hands up
- 6 LF dig heel diagonally forward left and raise both hands up
- 7 LF step behind RF
- & RF step side right
- 8 LF step across right

CHARLESTON STEP, SHUFFLE FWD, MAMBO STEP

- 1 RF touch forward
- 2 RF step back
- 3 LF touch back
- 4 LF step forward
- 5 RF step forward
- & LF step beside right
- 6 RF step forward
- 7 LF rock forward
- & RF recover
- 8 LF step beside RF

RUN BACK, COASTER STEP, ¼ STEP TURN X 2

- 1 RF run back
- & LF run back
- 2 RF run back
- 3 LF step back
- & RF step beside LF
- 4 LF step forward
- 5 RF step forward
- 6 LF step side LF with a ¼ turn left (9:00)
- 7 RF step forward
- 8 LF step side LF with a ¼ turn left (6:00)

JAZZ BOX, TWIST RIGHT, TWIST LEFT

- 1 RF cross over LF
- 2 LF step back
- 3 RF step side right
- 4 LF step beside RF
- 5 & 6 twist to right (both heels, toes, heels)
- 7 & 8 twist to left (both heels, toes, heels)

(count 8: weight on LF)

Start again

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