

She Wolf

COPPER KNOB
BY STEPHENETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Christa Thomas (USA) - September 2013
音樂: She Wolf - Shakira : (CD: Single - iTunes)



Dance begins on the vocals of the first verse

ROCK SIDE RIGHT ON RIGHT, RECOVER TO LEFT, STEP RIGHT TOGETHER, TAKE BIG STEP LEFT FORWARD, STEP RIGHT TOGETHER

1-2&3-4 Rock right side, recover to left, step right together, left big step forward, step right together

LEFT ROCKING CHAIR

5-6-7-8 Rock left forward, recover to right, rock left back, recover to right

LEFT PIVOT ½, LEFT CROSS OVER RIGHT, RIGHT POINT SIDE RIGHT

1-2-3-4 Step left forward, pivot ½ on right, cross left over, touch right side

RIGHT CROSS OVER LEFT, LEFT STEP LEFT TO SIDE, RIGHT CROSS SHUFFLE

5-6-7&8 Cross right over, step left side, quickly cross right over, step left side, cross right over

LEFT ROCK SIDE LEFT, RECOVER TO XXX, LEFT SAILOR TURN ¼ RIGHT, LEFT CROSS OVER RIGHT

1-2-3&4 Rock left side, recover to right, cross left behind, step right ¼ turn to the right, step left together

RIGHT TOUCH SIDE RIGHT, RIGHT CROSS OVER LEFT, RIGHT SIDE RIGHT, RIGHT CROSS BEHIND LEFT

5-6-7-8 Touch right side, cross right over, touch right side, cross right behind

LEFT STEP LEFT TO SIDE, RIGHT HITCH, 2 RIGHT HIP BUMPS

1-2-3&4 Step left side, cross right knee to left hip, stepping right down push right hip to right side twice

2 LEFT HIP BUMPS, RIGHT KNEE TURN IN TO LEFT, RIGHT KNEE OUT TURN ¼ RIGHT WITH LEFT FLICK

5&6-7-8 Hip left to left side twice, turn right knee in toward left knee, roll right knee out ¼ turn to the right flipping the left up

STEP LEFT FORWARD RIGHT, LEFT KICK BALL TOUCH

1-2-3&4 Walk forward two steps on left then right, kick left forward, step down on the ball of the left, touch right side

RIGHT SYNCOPATED STEP LOCK, LEFT STEP, RIGHT HITCH

5-6&7-8 Step right forward, lock left behind, step right together, step left forward, lift right knee up

RIGHT JAZZ SQUARE

1-2-3-4 Cross right over, step left back, step right back to right side

LEFT JAZZ TURN ¼ RIGHT, RIGHT COASTER STEP

4-5-6-7&8 Cross left over, step back turn ¼ right on right, step left back to left side, step right back, step left together, step right forward

Restart here on wall 2

STEP LEFT FORWARD RIGHT, LEFT SHUFFLE FORWARD

1-2-3&4 Step left forward and right, step left forward, step right together, step left forward

RIGHT ROCK FORWARD, RECOVER, CAMEL WALK BACK RIGHT LEFT

5-6-7-8 Rock right forward, recover to left, strut back two steps on right and left feet

RIGHT ROCK BACK, RECOVER, RIGHT PIVOT ½, STEP RIGHT

1-2-3&4 Rock right back, recover to left, step right forward, turn ½ left, step right forward

360 WALK AROUND LEFT RIGHT LEFT WITH TOUCH, LEFT SCISSOR

5&6-7&8 Walk all the way around three steps to the right touching on the left and taking weight on the right, step left side, step right together, cross left over

REPEAT

Restart on second wall after 48 counts

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