Shoop (咻噗) (zh)

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Daniel Trepat (NL), Darren Bailey (UK), Pim van Grootel (NL), Raymond Sarlemijn (NL) & Roy Verdonk (NL) - 2009年12月

Music: Shoop - Salt-N-Pepa

前奏： 16 counts from first beat, on vocal (app. 7 secs into track). Start with weight on L foot

第一段 Scuff, Hitch, Step, Scuff, Hitch, Step, Cross, ¼ Turn Step Back, Weave 擦踢, 抬, 踏, 擦踢, 抬, 踏, 交叉, 1/4後, 藤步

1	RF scuff heel forward 右足踵前擦踢
&	RF hitch knee up 右膝抬
2	RF step side right 右足右踏
3	LF scuff heel forward 左足踵前擦踢
&	LF hitch knee up 左膝抬
4	LF step side left 左足左踏
5	RF cross over LF 右足於左足前交叉踏
&	LF ¼ turn right step back (3.00) 右轉90度左足後踏(3點鐘)
6	RF step side right 右足右踏
&	LF cross over RF 左足於右足前交叉踏
7	RF step side right 右足右踏
&	LF cross behind RF 左足於右足後交叉踏
8	RF step side right 右足右踏
&	LF cross over RF 左足於右足前交叉踏

第二段 Step Slide, ¼ Turn Sailor Step, Heel Touches X4, &
踏 滑併, 1/4水手步, 踵收四次

9	RF big step side right 右足右一大步
10	LF slide towards RF 左足滑併
11	LF ¼ turn left cross behind RF (12.00) 左轉90度左足於右足後交叉踏 (面向12點鐘)
&	RF step side right 右足右踏
12	LF step slightly side left and forward 左足略左前踏
13	RF touch heel forward 右足踵前點
&	RF step next to LF 右足併踏
14	LF touch heel forward 左足踵前點
&	LF step next to RF 左足併踏
15	RF touch heel forward 右足踵前點
&	RF step next to LF 右足併踏
16	LF touch heel forward 左足踵前點
&	LF step next to RF 左足併踏

第三段 Cross & Heel & Cross ¼ Turn, ¼ Turn, Rock & ¼ Turn, Lock Step
交叉 踏 踵 收 交叉 1/4 1/4, 交叉下沉 1/4 前鎖步

17	RF cross over LF 右足於左足前交叉踏

& LF step side left 左足左踏

18 RF touch heel forward to right diagonal 右足踵右斜前點

& RF step down 右足踏

19 LF cross over RF 左足於右足前交叉踏

& RF ¼ turn left step back 左轉90度右足後踏

20 LF ¼ turn left step side left (6.00) 左轉90度左足左踏(6點鐘)

21 RF cross rock over LF 右足於左足前交叉下沉

& LF recover 左足回復

22 RF ¼ turn right step forward (9.00)
右轉90度右足前踏(面向9點鐘)

23 LF step forward 左足前踏

& RF lock behind LF 右足於左足後鎖踏

24 LF step forward 左足前踏

第四段 Heel Kick, Heel Flick ½ Turn, Heel Kick, Coaster Step, Step, Lock, Step, Step, Lock, Step, Step
踵踢, 踵勾轉, 踵踢, 海岸步, 前鎖踏, 前鎖踏, 踏

25 RF kick heel forward 右足踵前踢

& RF ½ turn left flick heel back 左轉180度右足踵後勾

26 RF kick heel forward (3.00) 右足踵前踢(面向3點鐘)

27 RF step back 右足後踏

& LF step next to RF 左足併踏

28 RF step forward 右足前踏

29 LF step diagonally forward left左足左斜角前踏

& RF lock behind LF 右足於左足後鎖踏

30 LF step diagonally forward left 左足左斜角前踏

& RF step diagonally forward right 右足右斜角前踏

31 LF lock behind RF 左足於右足後鎖踏

& RF step diagonally forward right 右足右斜角前踏

32 LF step forward 左足前踏
