

Shortenin' Bread

Compte: 0

Mur: 4

Niveau: Intermediate

Chorégraphe: Debi Bodven (USA)

Musique: Shortenin' Bread - The Tractors



Sequence: AAAA, B, AA, B, AAAA

PART A

LINDY RIGHT, ROCK STEP, SAILORS FRONT & BACK

- 1&2 Shuffle side right, left, right
- 3-4 Rock back left, recover weight on right
- 5&6 Cross left over right, step side right, step left in place
- 7&8 Cross right behind left, step side left, step right in place

LINDY LEFT, ROCK STEP, SAILORS FRONT & BACK

- 9&10 Shuffle side left, right, left
- 11-12 Rock back right, recover weight on left
- 13&14 Cross right over left, step side left, step right in place
- 15&16 Cross left behind right, step side right, step left in place

SWIVELS, ½ PUMP TURN

- 17-20 Swivel on balls of feet angling body right, left, right, left (this is like skating in place)
- &21 Hitch right knee up, then pivot 1/8 turn left on ball of left while forcing right toe down
- &22 Hitch right knee, pivot 1/8
- &23 Hitch right knee, pivot 1/8
- &24 Hitch right knee, pivot 1/8

TOE, HEEL, CROSS, TOE, HEEL, CROSS, ROCK, TURN

- 25 Touch right toe next to left (toe is turned in)
- 26 Touch right heel next to left (toe is turned out)
- 27 Cross right over left
- 28 Touch left toe next to right (toe is turned in)
- 29 Touch left heel next to right (toe is turned out)
- 30 Cross left over right
- 31 Rock back right
- 32 Step left ¼ turn to left

PART B

TAP STEPS, ROCK STEP, TURNING TRIPLE

- 1-2 Tap right toe in place, step right in place
- 3-4 Tap left toe in place, step left in place
- 5-6 Rock back right, recover weight on left
- 7&8 Step in place right, left, right while turning ½ turn to left

TAP STEPS, ROCK STEP, TURNING TRIPLE

- 9-10 Tap left toe in place, step left in place
- 11-12 Tap right toe in place, step right in place
- 13-14 Rock back left, recover weight on right
- 15&16 Step in place left, right, left while turning ½ turn to right

STEP, HOLD, ROCK STEP TWICE

- 17-18 Step side right, hold

19-20 Rock back left, recover weight on right
21-22 Step side left, hold
23-24 Rock back right, recover weight on left

SIDE, HOLD, TOGETHER, SIDE, TOUCH, FULL TURN LEFT, TOUCH

25-26 Step side right, hold
&27 Step left together, step side right
28 Touch left next to right
29-30 Step ¼ turn left, pivot ¼ turn left on ball of left stepping side right
