

CT Shuffle

拍数: 32 墙数: 4 级数: Improver
编舞者: Fred Whitehouse (IRE) & Darren Bailey (UK) - October 2016
音乐: I Wrote it for You by Jeremy Loops



Intro: 48 counts

Walk R, L, Shuffle forward R, Syncopated Jazz box with Cross, Point to L

1-2 Step forward on RF, Step forward on LF
3&4 Step forward on RF, close LF behind RF, Step forward on RF
5-6 Cross LF over RF, Step back on RF
&7-8 Step LF next to RF, Cross RF over LF, Point LF to L side

Cross, Side, L Sailor step, R Sailor step with ¼ turn R, L kick and touch with clap

1-2 Cross LF over RF, Step RF to R side,
3&4 Cross LF behind RF, Step RF next to LF, Step LF to L side
5&6 Cross RF behind LF, Step LF next to RF, Make a ¼ turn R and step forward on RF
7&8 Kick LF forward, Step LF next to RF, Touch RF next to LF and clap hands

(Restart here on wall 4)

Roll R with ¼ turn shuffle R, Cross rock, Recover, Side, Touch, Side, Touch

1-2 Make a ¼ turn R and step forward on RF, Make a ½ turn R and step back on LF
3&4 Make a ¼ turn R and step RF to R side, Close LF next to RF, Step RF to R side
5-6 Cross Rock LF over RF, Recover on to RF
&7&8 Step LF to L side, Touch RF next to LF, Step RF to R side, Touch LF next to RF

Roll L with ¼ turn shuffle L, Cross rock, Recover, Side, Touch, Side, Touch

1-2 Make a ¼ turn L and step forward on LF, Make a ½ turn L and step back on RF
3&4 Make a ¼ turn L and step LF to L side, Close RF next to LF, Step LF to L side
5-6 Cross Rock RF over LF, Recover on to LF
&7&8 Step RF to R side, Touch LF next to RF, Step LF to L side, Touch RF next to RF

Restart: wall 4 after 16 counts facing 12:00.

Hope you enjoy the dance.
Live to Love; Dance to Express.

Last Update - 13th Oct 2016