

Second Hand Shuffle

拍数: 64 墙数: 4 级数: High Beginner
编舞者: Elaine Richard (CAN) - January 2018
音乐: Second Hand Heart - Gerry Guthrie



S1: SHUFFLE FORWARD R.L., SHUFFLE BACK R.L.

1&2 Step LF forward (1), Step RF forward (&), Step LF forward (2)
3&4 Step RF forward (3), Step LF forward (&), Step RF forward (4)
5&6 Step LF back (5), Step RF back (&), Step LF back (6)
7&8 Step RF back (7), Step LF back (&), Step RF back (8) 12 o'clock

S2: CROSS ROCK RECOVER X 2 , ROCK BACK RECOVER X 2

1&2 Cross LF over RF (1), Recover on RF (&), Step LF to left side (2)
3&4 Cross RF over LF (3), Recover on LF (&), Step RF to right side (4)
5&6 Rock LF behind RF (5), Recover on RF (&), Step LF to left side (6)
7&8 Rock RF behind LF (7), Recover on LF (&), Step RF to right side (8) 12 o'clock

S3: SHUFFLE FWD, 1/2 TRIPLE TURN, COASTER STEP, SHUFFLE FOWARD

1&2 Step LF forward (1), Step RF forward (&), Step LF forward (2)
3&4 Step RF forward (3), Pivot 1/2 turn left, stepping on LF (&), Step RF to right side (4) 6 o'clock
5&6 Step LF back (5), Step RF beside LF (&), Step LF forward (6)
7&8 Step RF forward (7), Step LF forward (&), Step RF forward (8)

S4: SHUFFLE FWD, 1/2 TRIPLE TURN, COASTER STEP, SHUFFLE FOWARD

1&2 Step LF forward (1), Step RF forward (&), Step LF forward (2)
3&4 Step RF forward (3), Pivot 1/2 turn left, stepping on LF (&), Step RF to right side (4) 12 o'clock
5&6 Step LF back (5), Step RF beside LF (&), Step LF forward (6)
7&8 Step RF forward (7), Step LF forward (&), Step RF forward (8)

S5: JAZZ BOX, 1/2 PIVOT TURN, SWAY, SWAY

1-4 Step LF across RF (1), Step RF back (2), Step LF to left side (3), Close RF next to LF (4)
5-8 Step LF forward (5), Make 1/2 turn right, keeping weight on right (6), Sway left (7), Sway right (8) 6 o'clock

S6: JAZZ BOX, 1/2 PIVOT TURN, SWAY, SWAY

1-4 Step LF across RF (1), Step RF back (2), Step LF to left side (3), Close RF next to LF (4)
5-8 Step LF forward (5), Make 1/2 turn right, keeping weight on RF (6), Sway left (7), Sway right (8) 12 o'clock

S7: CHASSE LEFT, ROCK BACK, CHASSE RIGHT, ROCK BACK

1&2 Step LF to left side (1), Step RF beside LF (&), Step LF to left side (2)
3, 4 Rock RF behind LF (3), Recover on RF (4)
5&6 Step RF to right side (5), Step LF beside RF (&), Step RF to right side (6)
7, 8 Rock LF behind RF (7), Recover on RF (8)

S8: ROCKING CHAIR, 1/4 PIVOT TURN, SWAY, SWAY

1-4 Rock LF forward (1), Recover on RF (2), Rock LF back (3), Recover on RF (4)
5-8 Step LF forward (5), Make 1/4 turn right, keeping weight on right (6), Sway left (7), Sway right (8) 3 o'clock

START OVER

To end the dance on Wall 5

Do the first 2 sections of 8 and finish with: -

-2 jazz boxes, sway sway

1-4 Step LF across RF (1), Step RF back (2), Step LF to left side (3), Close RF beside LF (4)

5-8 Step LF across RF (5), Step RF back (6), Step LF to left side (7), Close RF beside LF (8)

9-10 Sway left (9), Sway right (10)

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