

5 Foot 9 (Shakamak Shuffle)

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jennifer Klotz (USA) & The Klotz Girls
音乐: 5 Foot 9 - Tyler Hubbard
或: Wind Up Missin' You - Tucker Wetmore



I. [1-8]. Heel Swivels, Coaster steps.

- 1-2, 3&4 Step forward on your right while swiveling both heels to the right, swivel both heels back to the left to recover. Step back on right, step back on left, step forward on right.
- 5-6, 7&8 Step forward on your left while swiveling your heels to the left, Swivel both heels back to the right to recover. Step left foot back, step right foot back, step left foot forward.

II. [9-16]. ½ Pivot turn, whole Pivot turn, Rock Recover.

- 1-2 Step forward on right, pivot ½ turn over left shoulder shifting weight forward on left.
- 3-6 Stepping forward with your right turning back over your right shoulder into a full turn, left, right, left.
- 7-8 Step forward on your right, recover weight back on left.

III. [17-24]. 1 step/step behind, Heel Jacks

- 1-2, 3&4 Step to the right, step left behind right, in a synchronized motion switch left and right foot, Switching them back in a synchronized motion.
- 5-6, 7&8 Step to the left, step right behind left, in a synchronized motion switch left and Right foot, switching them back in a synchronized motion.

IV. [25-32]. ½ turn ¼ turn, Jazz Box

- 1-2 Step forward on right, Pivot ½ turn over left shoulder.
- 3-4 Step Forward on right, Pivot turn ¼ turn over left shoulder.
- 5-8 Cross right foot over left, Step back on left, Step back on Right, Step left next to right.

For Alternate non turning Replace steps 11-14 with Shuffle forward on right, and shuffle forward on left.

Last Update: 24 Oct 2022