

Sore Arm Shuffle (P)

拍数: 32 墙数: 0 级数: Beginner Partner
编舞者: Greg Van Zilen (USA) & Samantha Van Zilen (USA) - 12 August 2023
音乐: If He Wanted To He Would - Kylie Morgan



Starting in skaters position (left hands joined in front, right hands joined at ladies right hip)

[1-8] Walk l, r, shuffle forward left, walk r, l, shuffle forward right

1,2 Step left foot forward, step right foot forward.
3&4 Step left foot forward, step right foot next to left, step left foot forward.
5,6 Step right foot forward, step left foot forward.
7&8 Step right foot forward, step left foot next to right, step right foot forward.

[9-16] Left cross rock, shuffle side left, right cross rock, shuffle side right

1,2 Cross left foot over right, replace weight onto right foot.
3&4 Step left foot to side, step right foot next to left, step left foot to side.
5,6 Cross right foot over left, replace weight onto left foot.
7&8 Step right foot to side, step left foot next to right, step right foot to side.

[17-24] Left forward rock, replace, ½ turn shuffling left, step right, ½ turn left, shuffle forward right

1,2 Step left foot forward, replace weight onto right foot.
3&4 ½ turn left stepping left foot forward traveling RLOD, step right foot next to left, step left foot forward.

Hands: On count 2 release right hands and raise left, keeping left hand raised until count 6 then returning to skaters position.

5,6 Step right foot forward, ½ turn left transferring weight to left foot.
7&8 Step right foot forward, step left foot next to right, step right foot forward.

[25-32] Left forward rock, replace, left coaster step, right forward rock, replace, right coaster step

1,2 Step left foot forward, replace weight onto right foot.
3&4 Step left foot back, step right foot next to left, step left foot forward.
5,6 Step right foot forward, replace weight onto left foot.
7&8 Step right foot back, step left foot next to right, step right foot forward.

This dance was choreographed specially for Ryan Pascarella's Hi Energy dance weekend at the Cherry Ridge Campground in PA. Working through physical therapy to regain mobility in my right shoulder a partner dance was needed that I could not only dance, but handle the teaching time as well.

Last Update - 30 Aug 2023