

Long Tall Shuffle

拍数: 48 墙数: 4 级数: Improver
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音乐: 455 Rocket - Kathy Mattea



MONTEREY TURNS

- 1 Touch right out to right side
- 2 Spin $\frac{1}{2}$ turn to the right on left foot finishing with right next to left
- 3 Touch left out to left side
- 4 Touch left next to right
- 5 Touch right out to right side
- 6 Spin $\frac{1}{2}$ turn to the right on left foot finishing with right next to left
- 7 Touch left out to left side
- 8 Touch left next to right

HEEL AND TOE TAPS

- 9 Tap right heel forward
- 10 Step right next to left
- 11 Tap left heel forward
- 12 Step left next to right
- 13 Tap right heel forward
- 14 Tap right heel forward
- 15 Tap right toe backward
- 16 Tap right toe backward

SHUFFLES

- 17&18 Shuffle step right, left, right
- 19 Step forward on left
- 20&21 Shuffle step right, left, right
- 22 Step forward on left
- 23 Step forward on right
- 24 Turn $\frac{1}{2}$ turn to the left
- 25&26 Shuffle step right, left, right
- 27 Step forward on left
- 28&29 Shuffle step right, left, right
- 30 Step forward on left
- 31 Step forward on right
- 32 Turn $\frac{1}{2}$ turn to the left

GRAPEVINE RIGHT, TOUCH

- 33 Step right on right
- 34 Cross left behind right
- 35 Step right on right
- 36 Touch left beside right

GRAPEVINE LEFT, $\frac{1}{4}$ TURN

- 37 Step left on left
- 38 Cross right behind left
- 39 Step left on left with $\frac{1}{4}$ turn to the left
- 40 Touch right toe out to right side

CROSS, UNWIND, JAZZ BOX

- 41 Cross right foot in front of left
- 42 Unwind $\frac{1}{2}$ turn (keeping weight on left foot)
- 43 Cross right over left
- 44 Step back left onto left
- 45 Step back and to the right onto right
- 46 Step left next to right
- 47 Stomp right
- 48 Stomp right

REPEAT

VARIATIONS:

- (1) Replace Monterey turns steps 1-8 with ordinary side touches: right-together-left-together-right-together-left-together
 - (2) Replace steps 9-12 with quick heel taps in succession: right heel-left heel-right heel-left heel
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