

Macnamara Shuffle

拍数: 64 墙数: 4 级数:
编舞者: Margaret Allpress & Cheryl McFadyean
音乐: Country Down to My Soul - Lee Roy Parnell



- 1-4 Shuffle forward twice, left-right-left & right,left.right
5-8 (jumping jacks) jump both feet apart, jump right across left, unwind, clap
- 9-12 Kick right forward, cross right over left and pivot on ball of left turning ½ left, step back on right hitching left with a small scoot forward on right
- 13-16 Step forward left foot, stomp right foot, two heel presses
- 17-20 Step right foot ¼ right, step left foot together, high heel splits(knees together)
21-24 Step left foot ¼ left, step right foot together, high heel splits(knees together)
- 25-32 Rolling vine right, cross left foot over right, right foot to right side, left foot beside right, stomp right foot twice beside left (while stomping, pull imaginary train whistle with right hand at head height and turn head to right)
- 33-36 Step forward right, lock left behind right, step forward right, stomp left together
37-44 Zig zag back left-right-left-right
- 45-52 4 Macnamara's left-right-left-right (step slightly forward on ball of left, step quickly onto ball of right behind left, step on ball of left to left, touch right heel forward at 45 degrees -reverse steps for right)
- 53-56 Step forward left foot, pivot ¼ turn right, step forward left foot, pivot ½ turn right
57-64 Two jazz box kicks left, right (kick out to side at 45 degrees on 4th & 8th beat)

REPEAT
