

# Mrs. Rudy

拍数: 40      墙数: 4      级数: Improver  
编舞者: Barb Addeo (USA)  
音乐: Mrs. Steven Rudy - Mark McGuinn



## CROSS, TOE TOUCH, CROSS SHUFFLE, STEP, BEHIND, SIDE SHUFFLE

- 1-2            Step right forward and across left, touch left toes to left side
- 3&4           Cross left over right, step right to right side, cross left over right (crossing shuffle)
- 5-6           Step right to right side, step left behind right
- 7&8           Right shuffle to right side

## CROSS, TOE TOUCH, CROSS SHUFFLE, STEP, BEHIND, SIDE SHUFFLE

- 9-10          Step left forward and across right, touch right toes to right side
- 11&12        Cross right over left, step left to left side, cross right over left (crossing shuffle)
- 13-14        Step left to left side, step right behind left
- 15&16        Left shuffle to left side

## TOE TOUCHES FRONT, SIDE, BACK, UNWIND, HIP BUMPS

- 17-19        Touch right toe across left to the 11:00 position, touch right toe to right side at the 3:00 position, touch right toe behind left heel at the 7:00 position
- 20            Unwind  $\frac{1}{4}$  turn to the right (weight should stay on left)
- 21-22        Shifting weight to right, bump hips right, right
- 23-24        Shifting weight to left, bump hips left, left

## SYNCOPATED ROCK STEPS

Add some bounce to these steps

- 25&26        Step right forward and rock forward, recover weight on left, step right foot together
- 27&28        Step back on left and rock back, recover weight on right, step left foot together

## WALK FORWARD AND BACK, COASTER STEP

- 29-30        Walk forward right, left
- 31-32        Walk back right, left
- 33&34        Right coaster back: step right back, step left foot together, step right foot forward

## WALK FORWARD AND BACK, COASTER STEP

- 35-36        Walk forward left, right
- 37-38        Walk back left, right
- 39&40        Left coaster back: step left back, step right foot together, step left foot forward

REPEAT

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