

North & South

拍数: 68 墙数: 2 级数:
编舞者: Jackie Shields (UK)
音乐: Foolish Heart - The Mavericks



SHUFFLE, TURNING SHUFFLE

1&2 Shuffle forward-right, left, right
3&4 Turning ½ turn right shuffle back-left, right, left

WALK, BALL CHANGE

5-6-7&8 Walk forward-right, left, right, ball change-left & right

SHUFFLE, TURNING SHUFFLE

1&2 Shuffle forward-left, right, left
3&4 Turning ½ turn left, shuffle back-right, left, right

WALK, BALL CHANGE WITH ¼ TURN RIGHT

5-6-7&8 Walk forward-left, right, left, turning ¼ turn right on-right & left ball change

16-32 Repeat steps 1-16

RIGHT TOUCH, CROSSOVER, TURN, CLAP

33-36 Touch right toe to right side, cross right over left, unwind ½ turn left, clap once

KICK BALL CHANGE X 2

37&38 Right kick ball change
39-40 Right kick ball change

41-48 Repeat steps 33-40

RIGHT VINE WITH SCUFF

49-52 Step right to right side, cross left behind right, step right to right side, scuff left

LEFT VINE WITH SCUFF

53-56 Step to left side, cross right behind left, step left to left side, scuff right

HIP BUMPS

57-60 Stepping right diagonally forward, bump hips to the right twice, bump hips to the left twice
61-64 Bump hips right, left, right, left (can be a body roll)

REPEAT
