

100 Buck Shuffle

拍数: 32 墙数: 4 级数:
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音乐: Friday At Five - John Michael Montgomery



SWIVETS, STOMPS, KICKS

1-2 With weight on ball of left foot and heel of right foot,

SWIVEL LEFT HEEL TO THE LEFT AND RIGHT TOES TO THE RIGHT, RETURN TO HOME POSITION

3-4 Repeat steps 1-2-swivel

5-6 Stomp right foot next to left foot for 2 counts

7-8 Kick forward with right foot for 2 counts

STOMPS, REVERSE KICKS, STEP-SLIDE, STEP, STOMP

1-2 Stomp right foot next to left foot for 2 counts

3-4 Kick right foot straight back for 2 counts

5-8 Step forward with right foot, slide left foot up to right foot, step forward with right foot, stomp left foot next to right foot

HEEL SWIVELS, ¼ TURN PIVOT

1-4 With weight on balls of both feet, swivel both heels to the right, center, left, center

5-6 Step forward with right foot, pivot on ball of left foot ¼ turn left

JUMPS FORWARD & BACK, JUMPS FORWARD

1-4 With feet separated shoulder width apart jump forward & back, forward & back

5-6 Jump forward for 2 counts

OUT, OUT, IN, IN

1-4 Step out with right foot, step out with left foot, step in with right foot, step in with left foot

REPEAT
