

Pinehurst Shuffle

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2
编舞者: Phil Freedenberg (USA)
音乐: New Train - John Prine

级数: Beginner



SIDE STEP--SLIDE, SIDE STEP, TOUCH

- 1 Right foot side step to right
- 2 Left foot slide to right foot
- 3 Right foot side step to right
- 4 Left foot touch next to right foot
- 5 Left foot side step to left
- 6 Right foot slide to left foot
- 7 Left foot side step to left
- 8 Right foot touch next to left foot

FORWARD HIP BUMPS & BACKWARD HIP BUMPS

- 1-2 Right hip bumps forward
- 3-4 Left hip bumps back
- 5-6 Right hip bumps forward
- 7-8 Left hip bumps back

ROCK STEP BACK, ROCK STEP FORWARD, ROCK STEP BACK & STOMPS

- 1 Right foot rock step back
- 2 Left foot rock step forward
- 3 Right foot rock step forward
- 4 Left foot rock step back
- 5 Right foot rock step back
- 6 Left foot rock step forward
- 7 Right foot stomp
- 8 Left foot stomp

FORWARD SHUFFLES & STEP TURNS

- 1&2 Right shuffle forward(right-left-right)
- 3 Left foot step forward
- 4 Right turn $\frac{1}{2}$
- 5&6 Left shuffle forward(left-right-left)
- 7 Right foot step forward
- 8 Left turn $\frac{1}{2}$

ELECTRIC SLIDES FORWARD AT AN ANGLE

- 1&2&3 Electric slide forward diagonally to right(right-left-right-left-right)
- 4 Left foot touch next to right foot
- 5&6&7 Electric slide forward diagonally to left(left-right-left-right-left)
- 8 Right foot touch next to left foot

WALK BACK, KICK BALL-CHANGE, CROSS STEP & TURN

- 1 Right foot step back
- 2 Left foot step back
- 3 Right foot step back
- 4 Left foot step back
- 5&6 Right kick-ball change

- 7 Right foot cross step in front of left foot
- 8 Left turn $\frac{1}{2}$ (unwind)

REPEAT
