

# Practice Makes Perfect

拍数: 64                      墙数: 4                      级数: Intermediate  
编舞者: Helen K. Hargnett (USA)  
音乐: Easy Come, Easy Go - George Strait



## ROCK STEPS, SHUFFLE TURN, ROCK STEP, SHUFFLE

1-2                      Cross left foot over right rock forward into  $\frac{1}{4}$  turn right, rock back on right  
3&4                      Turning to left shuffle left, right, left completing  $\frac{1}{2}$  turn  
5-6                      Rock back on right foot (making 45 degrees), rock forward on left, turning to front wall  
7&8                      Shuffle in place right, left, right while turning  $\frac{1}{2}$  to left (facing beginning wall)

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## HEEL, HOOK, SHUFFLE LEFT, HEEL, HOOK, SHUFFLE RIGHT

1-2                      Tap left heel forward, hitch over right knee  
3&4                      Shuffle forward left, right, left  
5-6                      Tap right heel forward, hitch over left knee  
7&8                      Shuffle forward right, left, right

## CROSS, ROCK, CROSS, ROCK, CROSS, ROCK, SHUFFLE (TRAVELING TO THE RIGHT)

1-6                      Crossing left foot over right rock forward, rock back on left-do 3 times  
7&8                      Shuffle in place left, right, left

## CROSS, ROCK, CROSS, ROCK, CROSS, ROCK, SHUFFLE $\frac{1}{4}$ TURN (TRAVELING TO THE LEFT)

1-6                      Crossing right foot over left rock forward, rock back on right-do 3 times  
7&8                      Shuffle right, left, right completing  $\frac{1}{4}$  turn to right

## STEP PIVOT SHUFFLE LEFT, STEP PIVOT SHUFFLE RIGHT

1-2                      Step forward on left foot, pivot  $\frac{1}{2}$  turn to right  
3&4                      Shuffle forward left, right, left  
5-6                      Step forward on right foot, pivot  $\frac{1}{2}$  turn to left  
7&8                      Shuffle forward right, left, right

## STEP, SLIDE, SHUFFLE LEFT, ROCK TURN, SHUFFLE LEFT

1-2                      Step forward on left foot, slide right foot beside left  
3&4                      Shuffle forward left, right, left  
5-6                      Rock forward on right, rock back on left  
7&8                      Shuffle right, left, right completing  $\frac{1}{2}$  turn to right

## STEP, SLIDE, SHUFFLE LEFT, ROCK TURN, SHUFFLE RIGHT

1-2                      Step forward on left foot, slide right foot beside left  
3&4                      Shuffle forward left, right, left  
5-6                      Rock forward on right, rock back on left  
7&8                      Shuffle right, left, right completing  $\frac{1}{2}$  turn to right

**REPEAT**

