

Rewind Real Slow

拍数: 32 墙数: 2 级数: Improver social cha
编舞者: Mardi Wray & Linda Dellett
音乐: Living In Fast Forward - Kenny Chesney



SHUFFLE FORWARD RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, PADDLE TURNS LEFT

1&2 Shuffle forward right-left-right
3&4 Shuffle forward left-right-left
5-6 Step forward on right, ¼ turn left (right-left)(weight onto left foot)
7-8 Step forward on right, ¼ turn left (right-left)(weight onto left foot)

SHUFFLE FORWARD RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, PADDLE TURNS LEFT

9&10 Shuffle forward right-left-right
11&12 Shuffle forward left-right-left
13-14 Step forward on right, ¼ turn left (right-left)(weight onto left foot)
15-16 Step forward on right, ¼ turn left (right-left)(weight onto left foot)

CROSS ROCK / SIDE SHUFFLES

17-18 Rock right over left, rock back onto left
19&20 Side shuffle - right, left, right
21-22 Rock left over right, rock back onto right
23&24 Side shuffle - left, right, left

CROSS, UNWIND, HIP BUMPS

25-28 Cross right over left, slowly unwind ½ turn to the left for 3 counts, ending on left
29-30 Bump hips to the right 2 times
31-32 Bump hips to the left 2 times

REPEAT

TAG

At the end of sets 2 and 5, repeat right and left hip bumps. This will keep your unwinds in time with "I need to rewind real slow"

Vaudeville steps / optional steps for counts 17-24 (cross rock /side shuffles)

17&18& Step right over left, step back on left, touch right heel forward, step onto right
19&20& Step left over right, step back on right, touch left heel forward, step onto left
21&22& Step right over left, step back on left, touch right heel forward, step onto right
23&24& Step left over right, step back on right, touch left heel forward, step onto left