

Rhythm & Blues

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Carmel Hutchinson (USA)
音乐: Shot Of Rhythm & Blues - Van Morrison And Linda Gail Lewis



BACK TOE-HEEL, SHUFFLE BACK - BACK TOE-HEEL, BACK COASTER

1-2-3&4 Touch right toe back, drop right heel down, shuffle back left-right-left
5-6-7&8 Touch right toe back, drop right heel down, step left back, step right back next to left, step left forward

RAMBLE LEFT-RIGHT-LEFT, RAMBLE RIGHT-LEFT-RIGHT - RAMBLE LEFT, RIGHT, LEFT, HOLD (CLAP)

1&2 Swivel heels left, swivel toes left, swivel heels left
3&4 Swivel heels right, swivel toes right, swivel heels right
5-6-7-8 Swivel heels left, swivel heels right, swivel heels left, hold (clap)

SWAY FORWARD, BACK, SHUFFLE - SWAY FORWARD, BACK, SHUFFLE

1-2 Sway step right forward on an angle, sway step left back on an angle
3&4 Shuffle forward right-left-right on an angle
5-6 Sway step left forward on an angle, sway step right back on an angle
7&8 Shuffle forward left-right-left on an angle

BEHIND, POINT, BEHIND, POINT - BACK, BACK COASTER

1-2-3-4 Cross step right behind left, side point left, cross step left behind right, side point right
5-6-7-8 Step right back, step left back, step right back next to left, step left forward

POINT, CROSS, POINT, CROSS - JAZZ BOX IN PLACE

1-2-3-4 Side point right, cross right over left, side point left, cross left over right
5-6-7-8 Cross right over left, step left back, side step right, step left forward

FOUR SWAYING ¼ PIVOT TURNS LEFT

1-2-3-4 Step right forward into ¼ turn left (weight left), step right forward into ¼ turn left (weight left)
5-6-7-8 Step right forward into ¼ turn left (weight left), step right forward into ¼ turn left (weight left)

Styling note: sway hips as you step forward into ¼ turns & back as you shift weight left

TOE, ¼ TURN RIGHT, SHUFFLE - TOE, ¼ TURN RIGHT, SHUFFLE

1-2-3&4 Touch right toe slightly right, turn ¼ right on left and drop right heel, shuffle forward left-right-left
5-6-7&8 Touch right toe slightly right, turn ¼ right on left and drop right heel, shuffle forward left-right-left

SIDE, BACK, CROSS - SIDE, BACK, CROSS - HEEL GRIND, SHUFFLE LEFT-RIGHT-LEFT

1&2 Side step right, step left back, cross step right over left
3&4 Side step left, step right back, cross step left over right
5-6 Touch right heel forward (point toes left to 10:00), grind heel & twist foot to right (bring toes down)
7&8 Shuffle forward left-right-left

REPEAT

RESTART

During the 4th repetition (you will be facing the back wall) drop the last 16 counts and restart the dance after

the four swaying $\frac{1}{4}$ pivot turns left.
