

Rueben

拍数: 32 墙数: 0 级数:
编舞者: Ray Hodson (UK)
音乐: Rueben - Joe Brown



Position: Starting in the Side By Side Position facing LOD

HEEL HOOK, HEEL HITCH, FORWARD SHUFFLE, HEEL HOOK, HEEL HITCH, FORWARD SHUFFLE

1&2& Touch right heel forward, hook right, touch right heel forward, hitch right foot
3&4 Shuffle forward right left right
5&6& Touch left heel forward, hook left foot, touch left heel forward, hitch left foot
7&8 Shuffle forward left right left

ROCK STEP, SHUFFLE HALF TURN, FORWARD SHUFFLE, ROCK STEP, STEP

1-2 Rock right forward, step left back
3&4 Half turn right, shuffling right left right
5&6 Shuffle forward left right left
7-8& Rock right forward, step left back and step right together

ROCK STEP, SHUFFLE HALF TURN, STEP LOCK STEP, TURN, TURN

1-2 Rock left forward, step right back
3&4 Half turn left, shuffling left right left
5&6 Step right forward, lock left behind right, step right forward
7-8 Turn $\frac{1}{4}$ right and step left, turn $\frac{1}{4}$ right and step back on right

BACK SHUFFLE, BACK SHUFFLE, LEFT TURN SHUFFLE, STEP, TOGETHER

1&2 Shuffle backwards left right left
3&4 Shuffle backwards right left right
5&6 Shuffle half turn left stepping left right left
7-8 Step right forward, step together left

REPEAT
