The Sheri Shuffle

拍数: 64 **墙数:** 4 **级数:** Intermediate
编舞者: Sheri Gay (CAN)
音乐: Same Thing Happened to Me - John Prine

SHUFFLE LEFT & ROCK BACK

1&2	Left foot side, right foot together, left foot side
3-4	Right foot back, left foot replace weight on the spot

SHUFFLE RIGHT & ROCK BACK

5&6	Right foot side, left foot together, right foot side
7-8	Left foot back, right foot replace weight on the spot

FORWARD TOE-HEEL STRUTS

1-2	Left foot tap toe forward, left foot step heel down
3-4	Right foot tap toe forward, right foot step heel down
5-8	Repeat previous steps 1-4

FORWARD & BACK SHUFFLES WITH ROCK STEPS

1-2	Left foot forward, right foot replace weight on the spot
3&4	Left foot back, right foot together, left foot back
5-6	Right foot back, left foot replace weight on the spot
7&8	Right foot forward, left foot together, right foot forward

VINE LEFT WITH ¼ TURN LEFT VINE RIGHT

1-4	Left foot side, right foot cross behind left, left foot side turning body ¼ left, right foot scuff heel together & clap hands
5-8	Right foot side, left foot cross behind right, right foot side, left foot scuff heel together & clap hands

MEXICAN HAT DANCE LEFT THEN RIGHT

1&2&	Left foot heel tap forward, left foot together, right foot heel tap forward, right foot together
3-4	Left foot heel tap forward twice
&5	Left foot together, right foot heel tap forward,
&6	Right foot together, left foot heel tap forward
&7-8	Left foot together, right foot heel tap forward twice

JAZZ BOX RIGHT THEN LEFT

1-4	Right foot cross over left, left foot back, right foot side, left foot scuff together
5-8	Left foot cross over right, right foot back, left foot side, right foot scuff together

SIDE SHIMMIES RIGHT THEN LEFT

1-4	Right foot steps side, shimmy shoulders while slowly transferring weight, left foot together & clap on 4th beat
5-8	Repeat previous steps 1-4
1-4	Left foot steps side, shimmy shoulders while slowly transferring weight, right foot together & clap on 4th beat
5-8	Repeat previous steps 1-4

REPEAT

Shoulder shimmies may be substituted for hip rolls or thrusts, body rolls or whatever you can make up. Enjoy!!