

Sho-Me Shuffle

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Two Good Reasons - Kenny Rogers



SWIVETS, STEP- PIVOT LEFT, STOMP, CLAP

- 1 On the heel of right foot and ball of left foot, swivel right toe to the right and left heel to the left
- 2 Bring feet back together
- 3-4 Repeat counts 1-2
- 5 Step forward on right foot and pivot ½ turn to the left on ball of foot
- 6 Shift weight forward to left foot
- 7 Stomp right foot slightly forward
- 8 Clap hands (feet are apart with right foot slightly forward)

HIP BUMPS, HIP ROLLS, BACKWARD SHUFFLES

- 9-10 Bump right hip forward twice
- 11-12 Bump left hip backward twice
- 13 Roll hips forward and down
- 14 Roll hips backward and up
- 15-16 Repeat counts 13-14 (weight ends up on left foot)
- 17&18 Shuffle backward (right, left, right)
- 19&20 Shuffle backward (left, right, left)

DIAGONAL STEP-SLIDES, SIDE SHUFFLE

- 21 Step forward and diagonally right on right foot
- 22 Slide left foot up next to right and step
- 23 Step forward and diagonally right on right foot
- 24 Touch left foot next to right instep (left foot brush forward is optional here)
- 25 Step forward and diagonally left on left foot
- 26 Slide right foot up next to left and step
- 27 Step forward and diagonally left on left foot
- 28 Touch right foot next to left instep (right foot brush forward is optional here)
- 29&30 Shuffle sideways to the right (right, left, right)

CROSS ROCKS, SIDE SHUFFLE, CROSS HEEL DIGS

- 31 Cross left foot over in front of right and rock onto left foot
- 32 Rock back on right foot
- 33&34 Shuffle sideways to the left (left, right, left)
- 35 Cross right foot in front of left toe and put weight onto right heel
- 36 Step to the left on left foot (as you step left, your right toe will fan slightly to the right)
- 37-38 Repeat counts 35-36
- 39-40 Repeat counts 35-36

KICK-BALL CHANGES, MILITARY TURN LEFT, STOMP, STOMP

- 41 Kick right foot forward
- & Step on ball of right foot next to left
- 42 Step left foot next to right
- 43&44 Repeat counts 41&42
- 45 Step forward on right foot and pivot ¼ turn to the left on ball of foot
- 46 Shift weight forward to left foot
- 47 Stomp right foot next to left

48

Stomp left foot shoulder width apart begin again

REPEAT
