

Shona Shuffle

拍数: 48 墙数: 0 级数:
编舞者: Shona Tolmie (UK)
音乐: Dance - Twister Alley



- 1 Touch right heel forward
&2 Step right foot beside left. Touch left heel forward
&3-4 Step left beside right. Touch right heel forward twice
&5 Step right beside left. Touch left heel forward
&6 Step left beside right. Touch right heel forward
&7-8 Step right beside left. Touch left heel forward twice
- &9 Step left beside right. Cross right over left
&10 Step left to left side. Touch right heel out diagonally right
&11 Step right beside left. Cross left over right
&12 Step right to right side. Touch left heel out diagonally left
13 Step left making ¼ turn left
14 Scuff right beside left
15 Rock back on right
16 Rock forward on left
- 17 Step right to right side
18 Step left beside right
19 Step right to right side
20 Scuff left beside right
21 Step left to left side
22 Step right behind left
23 Step left to left side
24 Touch right beside left
- 25 Step right foot forward
26 ½ pivot turn left
27 Step right foot forward
28 ¼ pivot turn left
29-30 Step forward right, left
31 Stomp right foot beside left
32 Kick right foot forward
- 33&34 Step right to right side, step left beside right, step right to right side
35 Rock back on left
36 Rock forward on right
37&38 Step left to left side, step right next to left, step left to left side
39 Step right behind left
40 Unwind ½ turn right
- 41&42 Step right forward, close left behind right, step right forward
43 Step left forward
44 ½ pivot turn right
45&46 Shuffle back ½ turn right (stepping left, right, left)
47 Rock back on right
48 Rock forward on left

REPEAT
