

# Shortenin' Bread

拍数: 64      墙数: 0      级数:  
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音乐: Shortenin' Bread - The Tractors



## RIGHT STROLL, POINT, TOUCH

- 1-4            Step forward right diagonal on right foot, slide left behind right, step forward on right, touch left to place.
- 5-8            Point left toe to left side, touch left toe to place, point left toe to left side, touch left toe to place.

## LEFT STROLL, POINT, TOUCH

- 9-12           Step forward left diagonal on left, slide right behind left, step forward on left, touch right to place.
- 13-16          Point right toe to right side, touch right toe to place, point right toe to right side, touch right toe to place.

## POINT, CROSS

- 17-20          Point right toe to right side, step right across left, point left toe to left side, step left across right.
- 21-24          Point right toe to right side, step right behind left, point left toe to left side, step left behind right.

## MONTEREY TURN, HEEL, TOE, SWIVELS

- 25-28          Point right toe to right side, step right together while pivoting  $\frac{1}{2}$  turn to the right on left, point left toe to left side, step left together.
- 29-32          Point right toe to right side, step right together. Swivel right toe to right side and left heel to left side, return to center. (optional heel splits or toe splits).

## RIGHT GRAPEVINE, LEFT GRAPEVINE

- 33-36          Step right to right side, step left behind right, step right to right side, touch left to place.
- 37-40          Step left to left side, step right behind left, step left to left side, step right to place. (join hands with partner on opposite side)

## STEP KICK, STEP TOUCH

- 41-44          Step forward right diagonal on right, kick left forward. Step back on left, touch right to place.
- 45-48          Step forward left diagonal on right, kick left forward. Step back on left, touch right to place. (bring partner into closed dance position.)

## SHUFFLE, ROCK STEP

- 49-52          Shuffle in place right-left-right, starting  $\frac{1}{2}$  turn to the right, shuffle in place left-right-left continuing  $\frac{1}{2}$  turn.
- 53-56          Shuffle in place right-left-right, finishing  $\frac{1}{2}$  turn, rock back on left, recover right.

## STEP FORWARD, HIP BUMPS, STEP BACK, HEEL, HOOK

- 57-60          Step forward on left, step forward on right (still in closed position left side to left side with partner), bump left hips together twice.
- 61-64          Step back on right, step back on left (break away from partner to original position), touch right heel forward, hook right across left shin.

## REPEAT