

Shuffle On Down

拍数: 352 墙数: 1 级数:
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音乐: Poor Boy Shuffle - The Tractors



VINE RIGHT & LEFT, SCISSORS RIGHT & LEFT

1&2 Side right, left behind right, step right, touch left
3&4 Side left, right behind left, step left, touch right
5&6 Side right, close left to right instep, cross step right over left, hold
7&8 Repeat left

BACK SCISSORS

9&10 Side right, close left to right instep, right behind left, hold
11&12 Repeat left

VINE RIGHT & LEFT

13&14 Side right, left behind right, step right, touch left
15&16 Repeat left

POOR BOY SHUFFLE

17-18 Roll knees right in circle
19-20 Tip hat, bring right hand to forehead, (salute)
21-22 Forward right, touch left
23&24 Step back right, left, right, (shuffle)
25-26 Step right, touch left
27-28 Step left, touch right
29&30& Forward right, slide left behind right, step right, slide left behind right
31&32& Step right, slide left behind right, step right, step left
33-34 Step right touch left
35-36 Step left touch right

REPEAT RIGHT & LEFT VINE

37&38 Side right, left behind right, step right, touch left
39&40 Repeat left

REPEAT SCISSORS RIGHT & LEFT TURNING ¼ RIGHT

41&42 Side right, close left to right instep, cross step right over left, hold
43&44 Repeat left

HAND MOVEMENTS & HOKEY POKEY

45-46 Turn up right hand, turn up left hand
47-48 Up on toes & down
49-52 Point fingers up, swivel in circle (hokey pokey)

53-80 Repeat counts 17-44

OUT OUT IN IN TWICE

81&82& Step side right, step side left, step in right step in left
83&84& Repeat

2 TWO JAZZ BOXES

85-88 Cross right over left, step back left, step right, step left
89-92 Repeat

TOE, DROP HEEL BOOGIE WOOGIE. STEP SLIDE, STEP TOUCH.

93-96 Walk forward right toe, drop heel, repeat left, right, left
97&98&99&100 Point fingers to floor & swivel steps turning ½ right
101-102 Step right, touch left
103-104 Step left, touch right
105&106&107&108 Step right, slide left behind right, step right, slide left behind right, step right, slide left behind right, step right, step left

RIGHT STEP BALL-CHANGE, TOUCH LEFT, KICK LEFT, STEP TOUCH, STEP TOUCH

109&110-111-112 Shuffle right, left, right, touch left, kick left
113-114 Step left, touch right
115-116 Step right, touch left.
117&118-119-120 Shuffle left, right, left, touch right, kick right.
121-122 Step right, touch left
123-124 Step left, touch right

STRUT FORWARD 4, WALK BACK 4

125-128 Strut forward right, brush left, left brush right, right brush left, left brush right.
129&130&131&132 Backup right left right touch left back left right left, touch right

137-160 Repeat 109-132
161-168 Repeat 37-44
169-192 Repeat 109-132
193-220 Repeat 17-44
221-248 Repeat 81-108
249-268 Repeat 17-36
269-292 Repeat 109-132

RIGHT VINE 3 & SHUFFLE, TURNING ¼ TO EACH WALL

293&294-295&296 Side right left behind right, step right turn ¼ right shuffle left right left
297-300 Repeat 293-296

301-324 Repeat 109-132
325-344 Repeat 93-108 in a full circle

ENDING

345&346 Forward right, slide left behind right, step right touch left
347&348 Repeat to left
349&350 Repeat to right
351&352 Step left, slide right behind left, step left right left
