

Shuffle Swing

拍数: 32 墙数: 4 级数: Beginner
编舞者: Sandy Pridemore
音乐: Almost Persuaded - Hank Williams, Jr.



KICK BALL CHANGE TWICE, HEEL-TOE TWISTS

- 1-2 Kick right foot forward & step back to original position with right, step left foot beside right
- 3-4 Kick right foot forward & step back to original position with right, step left foot beside right
- 5-6 Touch right heel forward with left toe in toward right foot, turning left heel toward right foot, turn right knee in and touch right toe toward left heel
- 7-8 Touch right heel forward with left toe in toward right foot, turning left heel toward right foot, turn right knee in and touch right toe toward left heel

SIDE SHUFFLE RIGHT, ROCK STEP, SIDE SHUFFLE LEFT, BEHIND-CROSS, STEP

- 1&2 Step to right with right foot, step left foot beside right, step to right with right
- 3-4 Rock back on left, rock forward on right
- 5&6 Step to left with left foot, step right foot beside left, step to left with left
- 7-8 Cross right foot behind left, step left foot ¼ left

FULL TURN PIVOT, STEP, SHUFFLE FORWARD, STEP ½ TURN, SHUFFLE FORWARD

- 1-2 Step forward with right foot, pivot full turn to left, step forward on left
- 3&4 Step forward with right, step ball of left beside heel of right, step forward with right
- 5-6 Step forward on left, ½ turn to right (taking weight on right)
- 7&8 Step forward with left foot, step ball of right beside heel of left, step forward with left

ROCK STEP, COASTER STEP, ROCK STEP, COASTER STEP

- 1-2 Rock forward on right, return weight on left
- 3&4 Step back with right, step left together with right, step forward with right
- 5-6 Rock forward on left, return weight on right
- 7&8 Step back with left, step right together with left, step forward with left

REPEAT
