

Shuffling Blues Roll

拍数: 32 墙数: 4 级数: Beginner
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音乐: Lessons Learned - Tracy Lawrence



RIGHT HEEL STEP BACK, LEFT HEEL STEP BACK, UNSYNCOPATED COASTER, HOLD

1-2 Touch right heel forward, step back on right
3-4 Touch left heel forward, step back on left
5-6 Step back on right, step left back next to right
7-8 Step right forward, hold

STEP LEFT SLIDE RIGHT, STEP LEFT TOUCH RIGHT, STEP RIGHT SLIDE LEFT, STEP RIGHT HOLD

1-2 Step left to left, slide right next to left
3-4 Step left to left, touch right next to left
5-6 Step right to right, slide left next to right
7-8 Step right to right, hold

LEFT SAILOR (TURNING ONE-FOURTH (¼) TO LEFT), RIGHT SAILOR, ROCK STEP, COASTER

1&2 Step left behind right, turning ¼ to left, step right to right side, left forward
3&4 Step right behind left, step left to left side, step right forward
5-6 Rock forward on left, recover weight to right
7&8 Step back on left, step right back next to left, step left forward

STEP TURN, STEP KICK, OUT OUT, HOLD, BODY ROLL

1-2 Step forward on right, turn one-half (½) to left, shifting weight to left
3-4 Step forward on right, kick left forward
&5-6 Step left back and to left, step right back to right (out, out), hold
7-8 Body roll forward (right), and body roll back (left)

REPEAT
