

# Shuffling Blues Roll

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



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## 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**

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