

Shufflin' Over

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Gloria Johnson (USA)
音乐: We've Got to Keep on Meeting Like This - Paul Overstreet



SPECIAL STEP SEQUENCE: The first 16 steps are basically shuffle and rock steps done in a special sequence in a diamond pattern. Imagine you are playing baseball... shuffle forward to 1st base... backward to 2nd base... forward to 3rd... and backward to home plate. On the rock steps, rock forward, rock back on foot indicated lifting the other foot slightly off the floor and twist your body 1/4 turn towards the direction you are going next (don't swivel the foot on the floor, just twist the body). When the free foot comes down, you will be starting your next shuffle step.

SHUFFLIN' DIAMOND

1&2 Shuffle forward towards 1st base starting on right foot
3 Rock forward on left foot
4 Rock back on right foot lifting left foot slightly off floor and twisting body ¼ turn to right so your back is towards 2nd base

SHUFFLE ROUND 2D BASE

5&6 Shuffle backward towards 2nd base starting on left foot
7 Rock back on right foot
8 Rock forward on left foot lifting right foot slightly off floor and twisting body ¼ turn to right so you are facing 3rd base

SHUFFLE TO 3RD BASE

9&10 Shuffle forward towards 3rd base starting on right foot
11 Rock forward on left foot
12 Rock back on right foot lifting left foot slightly off floor and twisting body ¼ turn to right so your back is towards home plate

SHUFFLE TO HOME

13&14 Shuffle backward towards home starting on left foot
15 Rock back on right foot
16 Rock forward on left foot lifting right foot slightly off floor and twisting body slightly to right so you are facing the pitcher's mound

GRAPEVINES - VINE RIGHT WITH ¼ TURN HITCH

17-19 Vine right (right out to side, step left behind, right out to side)
20 Turn ¼ turn to right on right foot and hitch left knee at the same time

VINE LEFT WITH ¾ TURN HITCH

21-23 Vine left (left out to side, step right behind, left out to side)
24 Spin ¾ turn to left and hitch right knee at the same time

VINE RIGHT WITH STEP ON LEFT

25-27 Vine right (right out to side, step left behind, right out to side)
28 Step left foot next to right shifting weight to left foot

TOE POINTS

29 Point right toe out to right side
30 Step right foot behind left
31 Point left toe out to left side
32 Step left foot behind right

REPEAT
