

Siamsa Reel

拍数: 34 墙数: 4 级数:
编舞者: Angie Shirley (UK)
音乐: Tell Me Ma - Sham Rock



IRISH SHUFFLES FORWARD, SCOOT, STEP, SCOOT, STEP

- &1&2 Hook right foot in front of and to the outside of left knee, shuffle forward on right, left, right
&3&4 Hook left foot in front of and to outside of right knee, shuffle forward on left, right, left
5&6& With right knee hitched, scoot back on left foot, step back on right, with left knee hitched
 scoot back on right foot, step back on left

SAILOR SHUFFLES WITH ½ TURN RIGHT

- 7&8 Swing right behind left, step left foot slightly left, step right next to left
9&10 Swing left behind right, step right foot slightly right, step left next to right
11&12 Swing right foot behind left making ½ turn right on ball of left foot, step left foot slightly left,
 step right next to left

SAILOR SHUFFLES WITH ½ TURN LEFT

- 13&14 Swing left foot behind right, step right foot slightly right, step left foot next to right
15&16 Swing right foot behind left, step left foot slightly left, step right foot next to left
17&18 Swing left foot behind right making ½ turn left on ball of right foot, step right foot slightly right,
 step left next to right

SIDE SHUFFLES WITH TURNS, ROCK STEPS

- 19&20 Making ¼ turn right, shuffle forward right, left, right
21-22 Rock forward onto left foot, rock back on right
23&24 Making ½ turn left on ball of right foot, shuffle forward left, right, left
25-26 Rock forward onto right foot, rock back onto left foot

CHASSE, FLICK/KICK, CHASSE, FLICK/KICK WITH ¼ TURN RIGHT

- 27&28 Step right foot to right side, step left next to right, step right foot to right side
29-30 Flick/kick left foot forward twice
31&32 Step left foot to left side, step right foot next to left, step left foot to left side
33&34 Flick/kick right foot forward(33) hook right foot in front of & to outside of left knee making ¼
 turn right on ball of left foot, flick/kick right foot forward

REPEAT