

Sting Ray Shuffle

拍数: 64 墙数: 4 级数: Intermediate
编舞者: John Cressman (USA)
音乐: Jamming - Bob Marley & The Wailers



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|--------|--|
| 1-4 | Step right foot front, fan toe out, in, out |
| 5-8 | Step left foot front, fan toe out, in, out |
| 9-12 | Step right foot front, point left toe front and rondé front-to-back |
| 13-16 | Step left foot front, point right toe front and rondé front-to-back |
| 17-18 | Point right toe to right side |
| &19-20 | Shift weight to right foot, pointing left toe to left side |
| &21 | Shift weight to left foot, pointing right toe to right side |
| &22 | Shift weight to right foot, pointing left toe to left side |
| &23 | Shift weight to left foot, pointing right toe to right side |
| 24 | Hook right foot over left knee |
| 25&26 | Right shuffle (right, left, right) |
| 27&28 | Left shuffle (left, right, left) |
| 29-30 | Right shuffle (right, left, right) |
| 31-32 | Coaster step with ¼ turn left (front left, back right, turn left ¼ turn, step left) |
| 33 | Cross right foot in front of left and slightly forward |
| 34 | Slide left foot left and slightly front |
| 35 | Cross right foot in front of left and slightly forward |
| 36 | Slide left foot left and slightly front |
| 37 | Cross right foot in front of left and slightly forward |
| 38 | Slide left foot left and slightly front |
| 39-40 | Sailor shuffle with a ¼ turn to the right (facing front again) |
| 41 | Cross left foot in front of right foot |
| 42 | Step right foot right |
| 43&44 | Step left behind right-shift weight to right foot and quickly move left foot in front of right |
| 45 | Step right foot right |
| 46 | Step left foot behind right making ¼ turn to the left |
| 47 | Step back right |
| 48 | Step back left |
| 49 | Skate forward right |
| 50 | Skate forward left |
| 51&52 | Shuffle forward right, left, right |
| 53 | Skate forward left |
| 54 | Skate forward right |
| 55&56 | Shuffle forward left, right, left |
| 57&58 | Coaster step (forward right, back left, step on right foot) |
| 59 | Touch left toe left and slightly back |
| 60 | Step on left next to right slightly back |
| 61 | Touch right toe right and slightly back |
| 62 | Step on right next to left slightly back |

- 63 Touch left toe left and slightly back
- 64 Step on left next to right slightly back

REPEAT
