# Tulsa Shuffle



拍数: 64 墙数: 2 级数: Intermediate

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音乐: The Tulsa Shuffle - The Tractors



#### RIGHT KICK-BALL CHANGES, TOE TOUCHES, DIAGONAL STEP & CLAPS

1	Kick right foot slightly forward
&	Step ball of right foot beside left
2	Step left foot beside right
3&4	Repeat beats 1&2 above
5	Step forward and diagonally right

Step forward and diagonally right on right foot
 Touch left toe next to right instep and clap hands

7 Step back and diagonally left on left foot (back to home position)

Touch right toe next to left instep and clap hands
 Step back and diagonally right on right foot
 Touch left toe next to right instep and clap hands

11 Step forward and diagonally left with left foot (back to home position)

12 Touch right toe next to left instep and clap hands

## FORWARD SHUFFLES, STEP-PIVOT TO THE RIGHT

13-14	Shuffle forward (right-left-right)
15-16	Shuffle forward (left-right-left)
17-18	Shuffle forward (right-left-right)

19 Step forward on left foot and pivot ½ turn to the right on ball of foot

20 Step forward on right foot

### **DIAGONAL STEP & CLAPS**

21	Step forward and diagonally left on left foot
22	Touch right toe next to left instep and clap hands
23	Step back and diagonally right on right foot (back to home position)
24	Touch left toe next to right instep
25	Step back and diagonally left on left foot
26	Touch right toe next to left instep
27	Step forward and diagonally right on right foot (back to home position)
28	Touch left toe next to right

# FORWARD SHUFFLES, STEP-PIVOT TO THE LEFT

29-30	Shuffle forward (left-right-left)
31-32	Shuffle forward (right-left-right)
33-34	Shuffle forward (left-right-left)

35 Step forward on right foot and pivot ½ turn to the left on ball of foot

36 Step forward on left foot

#### JAZZ SQUARE, HIP BUMPS

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37	Cross right foot over left and rock onto left foot
38	Rock back on left foot
39	Step right foot to the side
40	Step left foot next to right
41-42	Swivel heels to the slightly to the right and bump hips to the right twice
43-44	Swivel heels to the slightly to the left and bump hips to the left twice

# HEEL-STEP CROSSES RIGHT, SYNCOPATED CROSS STEPS LEFT

45 Touch right heel forward and diagonally to the right

& Step right foot slightly back

46 Cross left foot over right and step

47&48 Repeat beats 45&46

49 Cross right foot over left and step

& Shift weight to left foot on other side of right
50 Step on right foot (still crossed over left)
& Shift weight to left foot on other side of right
51 Step on right foot (still crossed over left)
& Shift weight to left foot on other side of right
52 Step on right foot (still crossed over left)

#### HEEL-STEP CROSS LEFT, SYNCOPATED CROSS STEPS RIGHT

Touch left heel forward and diagonally to the left

& Step left foot slightly back

54 Cross right foot over left and step

55&56 Repeat beats 53&54

57 Cross left foot over right and step

& Shift weight to right foot on the other side of left

58 Step on left foot (still crossed over right)

& Shift weight to right foot on the other side of left

59 Step on left foot (still crossed over right)
& Shift weight to right foot on other side of left
60 Step on left foot (still crossed over right)

## STEP-PIVOT, STOMP & SHOUT "WHOO"

61 Step forward on right foot and pivot ½ turn to the left on ball of foot

Shift weight forward onto left foot

Stomp right foot next to left while raising hands with clenched fists

Pull hands down to chest and shout "whoo!"

#### REPEAT