

# 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 on right foot
- 6 Touch left toe next to right instep and clap hands
- 7 Step back and diagonally left on left foot (back to home position)
- 8 Touch right toe next to left instep and clap hands
- 9 Step back and diagonally right on right foot
- 10 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

- 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**

- 53 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  $\frac{1}{2}$  turn to the left on ball of foot
- 62 Shift weight forward onto left foot
- 63 Stomp right foot next to left while raising hands with clenched fists
- 64 Pull hands down to chest and shout "whoo!"

### **REPEAT**

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