

Joe's Diner Shuffle (P)

COPPER KNOB
STEPPERS

拍数: 56 墙数: 0 级数: Partner
编舞者: Jimmy (Bullet) McFarland (USA)
音乐: Eat at Joe's - Suzy Bogguss



Position: Starts in cuddle but changes throughout the dance, Intermediate

Dance starts in the cuddle position. Lady is directly in front of man. Holding left hands about chest height. Both right hands on her waist near buckle. The lady is held very close to the man. Both facing, LOD (line of dance). Ladies feet need to be apart far enough to allow man's right foot between.

SLIDING ROCK STEPS

(Feet stay on the floor). Knees will be bent or soft during first 8 count. Left foot stays in place during first 8 counts. Right foot slides in a semi-circle forward to 1:30 and Backward to 4:30.

- 1 Slide right foot forward and to the right (1:30), shift weight to right foot and push right hip forward, left heel comes off the floor.
- 2 Shift weight back to left foot, heel drops to floor
- 3 Slide right foot back to home and then to 4:30, shift weight to right foot and push right hip backwards, left heel comes off the floor.
- 4 Shift weight back to left foot, heel drops to floor.
- 5-8 Repeat steps 1-4.

TWO FORWARD SHUFFLES, MONTEREY TURN TO RLOD:

During the shuffles the lady will move to her Right, the man will move to his Left. They will end up in Promenade position. Man lifts ladies Right hand to her Right shoulder.

- 1&2 Right shuffle
- 3&4 Left shuffle
- 5 Point right toe to right side, man's point will be behind the lady.
- 6 Bring right foot back to left foot, at the same time pivot on the ball of the left foot ½ turn to the right, transfer weight to right foot. Man will be on ladies right facing RLOD
- 7 Point left toe to left side, mans point will be in front of lady
- 8 Bring left foot back to right foot and step on left.

TWO FORWARD SHUFFLES, STEP-PIVOT, BRUSH-CROSS STEP:

- 1&2 Right shuffle
- 3&4 Left shuffle
- 5 Step forward on right
- 6 With weight on balls of both feet pivot ½ turn to left. You will be in normal promenade facing LOD
- 7 Brush right foot forward past left
- 8 Cross right foot across left foot and step on right

STEP BACK, ¼ TURN, VINE LEFT, BRUSH-CROSS STEP-STEP:

- 1 Step back on left foot
- 2 Small step back on right while turning ¼ to the right. You will now be in tandem position (lady in front of man), with hands on ladies shoulders facing outside of dance floor
- 3 Step to the left with left foot (starting vine)
- 4 Cross right foot behind left
- 5 Step to the left with the left foot
- 6 Small brush forward with right foot
- 7 Cross right foot over left and step on right
- 8 Step left foot bedside right

Men, keep your lady out in front far enough so you won't kick her ankles on the brush-cross-step

HEEL SWIVELS, TWO FORWARD SHUFFLES TOWARDS LOD:

(Turning lady ½ turn Left to face man)

- 1 With weight on balls of feet- swivel heels to the left
- 2 Swivel heels back to center
- 3 Swivel heels to the right
- 4 Swivel heels back to center-transfer weight to right
- 5&6 Left shuffle, turning to LOD, lift man's right hand over ladies head and start turning lady ½ turn left to face man
- 7&8 Right shuffle-finish turning lady to face man.

ONE FORWARD SHUFFLE, SYNCOPATIONS-OUT OUT HOLD, IN IN HOLD, OUT OUT IN IN:

- 1&2 Left shuffle-ladies back will be towards LOD
- & Step out on right foot
- 3 Step out on left foot
- 4 Hold position
- & Step in on right foot
- 5 Step in on left foot
- 6 Hold position
- & Step out on right foot
- 7 Step out on left foot
- & Step in on right foot
- 8 Step in on left foot, make sure weight ends up on left foot.

FOUR FORWARD SHUFFLES-TURNING LADY RIGHT 1 ½ REVOLUTIONS, TO END UP IN CUDDLE POSITION:

- 1&2 Right shuffle-let go of right hand and pull with left hand to start lady turning to her right ½ turn
- 3&4 Left shuffle-lift left arm to allow lady to continue to turn right another ½ turn
- 5&6 Right shuffle-turn lady another ½ turn and guide her to end up directly in front of man, both facing LOD
- 7&8 Left shuffle-man moves up behind lady into cuddle position.

Ladies, make sure your feet are apart enough to allow make a smooth transition into cuddle position.

REPEAT
