

The J-Team Shuffle

拍数: 44 墙数: 4 级数: Beginner
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音乐: Justified & Ancient - Tammy Wynette & The KLF



MODIFIED STAR STEPS

1-2 Touch right foot front, touch right foot side
3&4 Touch right foot back behind left, hop feet out, hop feet together (weight ends up on right)
5-6 Touch left foot front, touch left foot side
7&8 Touch left foot back behind right, hop feet out, hop feet together (weight ends up on left)

TWISTING SHUFFLES BACK

1&2 Right shuffle back(right-left-right) (twist body to right)
3&4 Left shuffle back(left-right-left) (twist body to left)
5&6 Right shuffle back(right-left-right) (twist body to right)
7&8 Left shuffle back(left-right-left) (twist body to center)

CHARLESTON SEQUENCE (RIGHT & LEFT)

1-2 Kick right foot forward twice
3-4 Touch right toe back, touch right toe forward
5-6 Step back on right, touch left foot forward (no weight on it)
7-8 Bump hips back twice

1-2 Kick left foot forward twice
3-4 Touch left toe back, touch left toe forward
5-6 Step back on left, touch right foot forward (no weight on it)
7-8 Bump hips back twice

TURNING VINES (KEEP THESE SMALL)

1-2 Step right to right-turn $\frac{1}{4}$ turn to right, pivot on left-turn $\frac{1}{2}$ turn to right
3-4 Pivot on right -turn $\frac{1}{4}$ turn to right, stomp left & clap
5-6 Step left to left-turn $\frac{1}{4}$ turn to left, pivot on right-turn $\frac{1}{2}$ turn to left
7&8 Pivot on left -turn $\frac{1}{4}$ turn to left, stomp right & clap (no weight)

TURN SEQUENCE

1-2 Step right foot forward, pivot $\frac{1}{4}$ turn to left & step on left
3&4 Stomp shuffle right-left-right (no weight) (stomp-stomp-stomp)

REPEAT
