

D.A.M. Shuffle

拍数: 56 墙数: 4 级数:
编舞者: Deborah O'Hara (CAN)
音乐: Darned If I Do, Danged If I Don't - Shenandoah



FORWARD SHUFFLES, ROCK STEP

1&2 Shuffle forward right-left-right
3&4 Shuffle forward left-right-left
5-6 Rock forward on right foot; rock back on left foot

BACKWARD SHUFFLES, ROCK STEP

7&8 Shuffle back right-left-right
9&10 Shuffle back left-right-left
11-12 Rock back on right foot; rock forward on left foot

HALF-PIVOT, HALF-PIVOT, ¼ PIVOT, STOMP, CLAP

13-14 Step forward on right foot; pivot 2 turn to the left
15-16 Step forward on right foot; pivot 2 turn to the left
17-18 Step forward on right foot; pivot ¼ turn to the left
19-20 Stomp right foot; clap hands

HEEL SWITCHES WITH HOLD COUNTS

21-22 Touch right heel forward; hold a count
23-24 Switch feet: bring right foot home and touch left heel forward; hold a count
25-26 Switch feet: bring left foot home and touch right heel forward; hold a count
27-28 Switch feet: bring right foot home and touch left heel forward; hold a count

HEEL SWITCHES (QUICK COUNT), STEP, SLIDE

29 Switch feet: bring left foot home and touch right heel forward
30 Switch feet: bring right foot home and touch left heel forward
31 Switch feet: bring left foot home and step long forward on right foot
32 Slide left foot up to right

TUSH PUSH HIP BUMPS

33-36 Bump right hip forward twice; bump left hip back twice
37-40 Roll hips forward, back, forward, back

SHUFFLE, ½ PIVOT, SHUFFLE, STOMPS,

41&42 Shuffle forward right-left-right
43-44 Step forward on left foot; pivot ½ turn to the right
45&46 Shuffle forward left-right-left
47-48 Stomp right foot; stomp left

MONTEREY TURNS

49-50 Touch right toe to right side; turn ½ to the right on left foot
51-52 Touch left toe to left side; bring left foot home
53-56 Repeat steps 49 through 52

REPEAT