Cowboy Country Shuffle (CC Shuffle)



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REPEAT

音乐: What Do You Know About Love - Dwight Yoakam



1-8	Starting with right foot, shuffle to the right then rock back with left. Shuffle to the left and rock back with right
9-16	(Heel drops) starting with right toe, drop heel walking forward then repeat with left toe, point right toe out to right then cross right foot over left and unwind $\frac{1}{2}$ turn to left shoulder, pause clap
17-24	Point right toe to right side then switch weight and point left toe to left side then right toe to right side (on count of 1 & 2 & 3) clap clap. Repeat starting with left toe pointed to left side
25-32	Take a sailor step backwards starting with left foot, then right, left, right. (sailor step is backwards shuffle left, right, left then right, left, right, etc.)
33-40	Starting with left foot, do a heel hook then a shuffle moving forward then repeat with right foot. (heel hook: point left heel out, cross over right lifting up to knee, back down to start shuffle left, right, left)
41-48	Grapevine to the left for six counts adding a shuffle on count 7 & 8. (left foot to left side, cross right foot behind left, left foot to left side, cross right foot in front of left, left foot to left side, cross right foot behind then start shuffle with left, right left.)
49-56	Grapevine to the right for six counts adding a shuffle on count 7 & 8. (as above, starting with right foot to side.)
57-64	Starting with left foot, pivot to right shoulder $\frac{1}{2}$ turn followed by a $\frac{1}{4}$ turn in same direction then shuffle left, right, left and stomp, stomp with right foot