

Congested Shuffle

拍数: 40 墙数: 4 级数: Beginner
编舞者: Thomas Burns
音乐: She's Got The Rhythm - Alan Jackson



2 RIGHT KICK BALL CHANGES

- 1&2 With weight on left, kick right forward, step down on ball of right foot, quickly change weight to left
3&4 With weight on left, kick right forward, step down on ball of right foot, quickly change weight to left

RIGHT FORWARD DIAMOND

- 5 Step forward right
6 Touch left toe forward
7 Touch left toe to left side
8 Touch left toe back, weight stays on right foot

VINE LEFT, STOMP RIGHT

- 9 Step left to left side
10 Cross right behind left
11 Step left to left side
12 Stomp right behind left (take weight)

2 LEFT KICK BALL CHANGES

- 13&14 With weight on right, kick left forward, step down on ball of left foot, quickly change weight to right
15&16 With weight on right, kick left forward, step down on ball of left foot, quickly change weight to right

LEFT FORWARD DIAMOND

- 17 Step forward left
18 Touch right toe forward
19 Touch right toe to right side
20 Touch right toe back, (weight stay on to right)

VINE RIGHT, STOMP LEFT

- 21 Step right to right side
22 Cross left behind right
23 Step right to right side
24 Stomp left next to right (take weight)

HEEL AND TOE TOUCHES

- 25-26 Touch right heel forward twice
27-28 Touch right toe back twice

STEP PIVOT ¼ TURN LEFT STOMP, SCUFF

- 29 Step forward with right foot
30 Turn ¼ to left
31 Stomp right next to left
32 Scuff right next to left

SHUFFLE RIGHT & LEFT

33&34 Shuffle to right in place, right-left-right
35&36 Shuffle to left in place, left-right-left

2 STEP PIVOTS TURNING LEFT

37 Step forward right
38 Turn ½ turn left
39 Step forward right
40 Turn ½ turn to left

REPEAT
