

Cher Shuffle

拍数: 72 墙数: 1 级数: Intermediate
编舞者: Dawn Wheat (UK)
音乐: Strong Enough - Cher



& ROCK STEP, SHUFFLE FORWARD, ROCK STEP, SHUFFLE BACK

&1-2 Step left to left side, rock back onto right, rock weight forward onto left
3&4 Step right forward, step left beside right, step right forward
5-6 Rock forward onto left, rock weight back onto right
7&8 Step left back, step right beside left, step left back

ROCK STEP, SHUFFLE FORWARD, STEP FULL TURN, FULL TURN SHUFFLE

9-10 Rock back onto right, rock weight forward onto left
11&12 Step right forward, step left beside right, step right forward
13-14 Step left forward, unwind a full turn over right shoulder
15&16 Make a full turn over right shoulder stepping: right, left, right

ROCK STEP, SHUFFLE BACK, ROCK STEP, SHUFFLE FORWARD

17-18 Rock forward onto left, rock weight back onto right
19&20 Step left back, step right beside left, step left back
21-22 Rock back onto right, rock weight forward onto left
23&24 Step right forward, step left beside right, step right forward

¼ TURN, POINT, CROSS, SIDE, BEHIND, SIDE, ½ TURN, HIP BUMPS

25-26 Step left forward making a ¼ turn left, point right to right side
27&28 Cross right over left, step left to left side, cross right behind left
29-30 Step left to left side, step right beside left making ½ turn left
31&32 Bump hips: left, right, left

ROCK STEP, ½ TURNING SHUFFLE, ROCK STEP, SHUFFLE BACK

33-34 Rock forward onto right, rock weight back onto left
35&36 Make ½ turn over right shoulder stepping: right, left, right
37-38 Rock forward onto left, rock weight back onto right
39&40 Step left back, step right beside left, step left back

ROCK STEP, SHUFFLE FORWARD, STEP ½ PIVOT, FULL TURN

41-42 Rock back onto right, rock weight forward onto left
43&44 Step right forward, step left beside right, step right forward
45-46 Step left forward, pivot ½ turn over right shoulder (weight on right)
47 Step left forward making ½ turn over right shoulder
48 Step right back making ½ turn over right shoulder

SHUFFLE FORWARD, STEP ½ PIVOT, FULL TURN, SHUFFLE FORWARD

49&50 Step left forward, step right beside left, step left forward
51-52 Step right forward, pivot ½ turn over left shoulder (weight on left)
53 Step right forward making ½ turn over left shoulder
54 Step left back making ½ turn over left shoulder
55&56 Step right forward, step left beside right, step right forward

STEP FULL TURN, FULL TURNING SHUFFLE, ROCK STEP, SHUFFLE BACK

57-58 Step left forward, unwind a full turn over right shuffle

59&60 Make a full turn over right shoulder stepping: right, left, right
61-62 Rock forward onto left, rock weight back onto right
63&64 Step left back, step right beside left, step left back

ROCK STEP, ¼ TURN SIDE, BEHIND SIDE, SIDE ROCK, HIP BUMPS

65-66 Rock back onto right, rock weight forward onto left
67&68 Making a ¼ turn left: step right to right side, step left behind right, step right to right side
69-70 Rock left to left side, rock weight to right side stepping left beside right
71&72 Bump hips: right, left, right

REPEAT
