

CJ Shuffle

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Carol Purton
音乐: Smell That Bread - Wayne Hancock



2 X FLICKS FORWARD, COASTER STEP, 1 X FLICK FORWARD, COASTER STEP, STOMP

1-2 Flick left forward twice
3&4 Step back left, step right beside left step forward left
5 Flick right forward
6&7 Step back right, step left beside right, step forward right
8 Stomp left forward

TOE, HEEL, TRIPLE ½ TURN RIGHT (ON THE SPOT)

9-10 Touch right toe to left instep, touch right heel to right diagonal
11&12 Triple step in place, right, left, right turning ½ to right

SCUFF CROSS TWICE, SWEEP STEPS BACK TWICE

13-14 Scuff left to left diagonal, cross left over right with weight
15-16 Scuff right to right diagonal, cross right over left with weight
& Replace weight onto left
17-18 Sweep right toe from right side to back ending with weight on right
19-20 Sweep left toe from left side to back ending with weight on left

FULL TURN RIGHT, FLICK AND CROSS, CHASSE, ROCK STEP BACK

21 Step right ¼ turn right
22 On ball of right make ½ turn right stepping back left
23 On ball of left make ¼ turn right flicking right foot forward
&24 Step right beside left, cross left over right
25&26 Step side right, close left to right, step side right
27-28 Rock back left, rock forward onto right in place

FULL TURN LEFT, FLICK AND CROSS, ROCK STEP BACK

29 Step left ¼ turn left
30 On ball of left make ½ turn left stepping back right
31 On ball of right make ¼ turn left flicking left foot forward
&32 Step left beside right, cross right over left
33&34 Step side left, close right to left, step side left
35&36 Rock back right, rock forward onto left in place

FLICK CROSS, STOMP FLICK, BALL CHANGE STEP TWICE

37&38 Flick right forward, step right beside left, cross left over right
39-40 Stomp right beside left, flick left to left diagonal
41&42 Step ball of left back, step right in place, step left beside right
43&44 Step ball of right back, step left in place, step right beside left

APPLEJACKS (FANCY FEET)

45 With weight on right toe & left heel turn right heel left & left toe right
& Both feet back to center ready to change weight
46 With weight on right heel & left toe turn right toe right & left heel right
& Both feet back to center ready to change weight
47&48& Repeat above counts 45&46&

REPEAT
