

CCC Shuffle (Triple C Shuffle) (P)

COPPER **KNOB**
STEPSHETS

拍数: 32 墙数: 0 级数: Partner
编舞者: Connie Davignon (USA)
音乐: Here In the Real World - Alan Jackson



Position: Side By Side (Sweetheart) Position

PROGRESSIVE VINE LEFT, PROGRESSIVE VINE RIGHT

1-2 Step forward left, cross behind with right
3-4 Step forward left, scuff right
5-6 Step forward right, cross behind with left
7-8 Step forward right, scuff left

4 FORWARD POLKAS

9&10 Shuffle forward left, right, left
11&12 Shuffle forward right, left, right
13&14 Shuffle forward left, right, left
15&16 Shuffle forward right, left, right

LEFT HEEL, CROSS, HEEL, STOMP, RIGHT HEEL, CROSS, HEEL STOMP

17-18 Touch left heel forward bring left heel to front of right leg
19-20 Touch left heel forward, stomp left next to right
21-22 Touch right heel forward, bring right heel to front of left leg
23-24 Touch right heel forward, stomp right next to left

ROCK FORWARD, ROCK BACK STEP FORWARD, BRUSH

25-26 Rock forward on left, rock back on right
27-28 Step forward on left, brush right scuff

ROCK FORWARD, ROCK BASIC, STEP FORWARD, BRUSH

29-30 Rock forward on right, rock back on left
31-32 Step forward on right, brush left scuff

REPEAT

VARIATIONS:

Twirl lady forward on 2nd and 3rd polkas

Or

Lady go round (lady is led around man with his left hand and spun into position on 4th polka)

Or

Half way round the world on 1st and 2nd polkas; man spins lady full turn to left in front of him back into position on 3rd and 4th polkas