

Boulevard Shuffle

拍数: 32 墙数: 4 级数:
编舞者: Vicki E. Rader (USA)
音乐: Dancin', Shaggin' On the Boulevard - Alabama



RIGHT HEEL, CROSS-HITCH, SHUFFLE FORWARD, LEFT HEEL, CROSS-HITCH, SHUFFLE FORWARD

1-2 Touch right heel forward; lift right foot and cross below left knee
3&4 Shuffle forward right-left-right
5-6 Touch left heel forward; lift left foot and cross below right knee
7&8 Shuffle forward left-right-left

RIGHT HEEL GRIND WITH ¼ PIVOT RIGHT, SHUFFLE BACK, STEP, TOUCH, SIDE-TOGETHER-SIDE

9&10 Step forward on right heel (with weight) and pivot ¼ right; step back on left foot
11&12 Shuffle backward right-left-right
13-14 Step left foot slightly back; touch right toe next to left foot
15&16 Side shuffle right (right-left-right)

HIP PUSH FORWARD, HIP PUSH BACK, SIDE-TOGETHER-SIDE, TWIST (SHAG) STEPS, &PREP FOR SHUFFLE

17-18 Stepping forward on left foot and bending knees slightly, push hips slowly forward to the left
19-20 Push hips slowly back and to the right (2 counts), shifting weight to right foot
21&22 Side shuffle left (left-right-left)
&23 On ball of left foot, twist left heel to left and step in place on ball of right foot with toe pointing outward (to the right)
&24 On ball of right foot, twist right heel to the right and step in place on ball of left foot with toe pointing outward (to the left)
& Twist left heel to center

SHUFFLE FORWARD, STEP-PIVOT ½, SHUFFLE FORWARD, STEP-PIVOT ½

25&26 Shuffle forward (right-left-right)
27-28 Step forward on left foot; pivot ½ to the right
29&30 Shuffle forward (left-right-left)
31-32 Step forward on right foot; pivot ½ to the left

REPEAT
