

Blue Mountain Shuffle

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Pepper Siquieros (USA) - May 2008
音乐: In the Blue Mountains - Pat Garrett



SWAY RIGHT-LEFT, SHUFFLE SIDE, ROCK, RECOVER, SHUFFLE ¼ TURN

1-2 Step right to side and sway hips right, sway hips to the left and rock weight to left
3&4 Shuffle to right side stepping right to side, left next to right, right to side
5-6 Cross rock left over right, recover onto right
7&8 Shuffle to left side stepping left to side, right next to left, left into a ¼ turn left [facing 9:00]

ROCK FORWARD, ROCK BACK, STEP FORWARD, PIVOT ½, SHUFFLE

1-2 Rock forward onto right, recover onto left
3-4 Rock back onto right, recover onto left
5-6 Step forward on right, pivot ½ turn left putting weight onto left
7&8 Shuffle forward right, left, right [towards 3:00]

ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, STEP, ¼ TURN, CROSS SHUFFLE

1-2 Rock forward onto left, recover back onto right
3-4 Rock back onto left, recover onto right
5-6 Step forward on left, pivot ¼ turn right putting weight onto right
7&8 Cross left over right and shuffle to side stepping left, right, left

SIDE, ROCK, RECOVER, SIDE, CROSS BEHIND, SIDE, CROSS ROCK

1-2 Step right to side, cross rock back onto left
3-4 Recover to right, step left to side
5-6 Cross right behind left, step left to side
7-8 Cross rock right over left, recover back onto left [facing 6:00]

REPEAT
