

Simply Shuffle

拍数: 32 墙数: 4 级数: Beginner
编舞者: Shaz Walton (UK) - August 2009
音乐: Somethin' Stupid - Robbie Williams & Nicole Kidman



Or Music: Release Me – Agnes

Shuffle Right (Chasse). Rock. Recover. Shuffle Left (Chasse). Rock Recover

1&2 Step right to right. Step left beside right. Step right to right.
3-4 Rock back on left. Recover weight to right.
5&6 Step left to left. Step right beside left. Step left to left
7-8 Rock back on right. Recover weight to left.

Rocking Chair. Shuffle ¼ Left. Rock Back. Recover.

1-2 Rock forward right. Recover weight to left
3-4 Rock back right. Recover weight to left.
5&6 Step right to right making ¼ left. Step left beside right. Step right to right
7-8 Rock back on left. Recover on right.

Side. Touch. Side. Touch. Grapevine Left. Touch.

1-2 Step left to left. Touch right beside left.
3-4 Step right to right. Touch left beside right.
5-6 Step left to left. Cross step right behind left.
7-8 Step left to left. Touch right beside left

Side. Touch. Side. Touch. Step/Bump. Hip Bump X3

1-2 Step right to right. Touch left beside right.
3-4 Step left to left. Touch right beside left.
5 Step right to right as you bump your hips right.
6-8 Bump hips – Left- Right- Left. (Weight must be on left foot)

Begin again
