Lido Shuffle



拍数:64

级数: Advanced

编舞者: Alan Birchall (UK) - May 2012

音乐: Lido Shuffle - Boz Scaggs : (CD: Silk Degrees & Various Compilation Albums)

Start: On Lyrics - Seconds: 7 - Count: 16 - BPM: 140

Note: Restarts Change Wall Faces

SIDE, BEHIND, SIDE, CROSS, BACK, SIDE, CROSS, SIDE CHASSE

墙数:2

- 1-2 Step Right To Right, Step Left Behind Right
- &3-4 Step Right To Right, Cross Left Over Right, Step Back On Right
- 5-6 Left To Left, Cross Right Over Left
- 7&8 Step Left To Left, Step Right By Left, Step Left To Left

ROCK, RECOVER, ½ TRIPLE TURN, ROCK, RECOVER, WALK FORWARD

- 9-10 Rock Back On Right, Recover On Left
- 11&12 Make 1/2 Triple Turn Left Stepping Right, Left, Right 6:00
- 13-14 Rock Back On Left, Recover On Right
- 15-16 Walk Forward Left, Right

SIDE, BEHIND, SIDE, CROSS, BACK, SIDE, CROSS, SIDE CHASSE

- 17-18 Step Left To Left, Cross Right Behind Left
- &19-20 Step Left To Left, Cross Right Over Left, Step Back On Left
- 21-22 Step Right To Right, Cross Left Over Right
- 23&24 Step Right To Right, Step Left By Right, Step Right To Right

ROCK, RECOVER, ½ TRIPLE TURN, ROCK, RECOVER, WALK FORWARD

- 25-26 Rock Back On Left, Recover On Right
- 27&28 Make 1/2 Triple Turn Right Stepping Left, Right, Left 12:00
- 29-30 Rock Back On Right, Recover On Left
- 31-32 Walk Forward Right, Left

Tag: During 6th Wall Add 'Jazz Jumps' Forward & Back Then Restart The Dance Facing 6:00

KICK BALL CROSS X 2, ROCK, RECOVER, BEHIND, ¼ STEP

- 33&34 Kick Right Foot Forward, Step Right By Left, Cross Left Over Right
- 35&36 Kick Right Foot Forward, Step Right By Left, Cross Left Over Right
- 37-38 Rock Right To Right, Recover On Left
- 39&40 Cross Right Behind Left, Making ¼ Turn Left Step Forward On Left, Step Forward On Right 9:00

FORWARD SHUFFLE, ¼ ROCK RECOVER, CROSS SHUFFLE, ¼ SHUFFLE

- 41&42 Step Forward On Left, Step Right By Left, Step Forward On Left
- 43-44 Making ¼ Turn Left Rock Right To Right, Recover On Left 6:00
- 45&46 Cross Right Over Left, Step Left To Left, Cross Right Over Left
- 47&48 Making ¼ Turn Left, Step Forward On Left, Step Right By Left, Step Forward On Left 3:00

Restart Here During 2nd Wall Facing 9:00

KICK FRONT, SIDE, SAILOR STEP, KICK FRONT, SIDE, BEHIND , ¼ STEP

- 49-50 Kick Right To Front, Kick Right To Side
- 51&52 Step Right Behind Left, Step Left To Left, Step Right In Place
- 53-54 Kick Left To Front, Kick Left To Side
- 55&56 Cross Left Behind Right, Making ¼ Turn Right Step Forward On Right, Step Forward On Left 6:00



FORWARD SHUFFLE, STEP, ½ PIVOT X 2

57&58 Step Forward On Right, Step Left By Right, Step Forward On Right

- 59-60 Step Forward On Left, ½ Pivot Right 12:00
- 61&62 Step Forward On Left, Step Right By Left, Step Forward On Left
- 63-64 Step Forward On Right, ½ Pivot Left 6:00

START AGAIN

Tag: At End Of 3rd Wall Repeat Last 16 Counts (Steps 49 – 64) Then Add 2 Walks & 'Jazz Jumps' Forward & Back

WALK FORWARD, 'JAZZ JUMPS' X 2

- 17-18 Walk Forward Right, Left
- &19 Small Jump Forward Landing Right, Left,
- &20 Small Jump Back Landing Right, Left

Restart The Dance Facing 6:00

Contact: Email: alan@alanbirchall.com - Website: http://www.alanbirchall.com Choreographed: 18/05/2011 Dance Sheet Prepared By: Alan G. Birchall - BWDA and D&G Qualified Instructor For bookings or information contact: Alan Tel: +44 (0) 1204 654503 (UK)

Last Revision - 2nd August 2012