

Cheryl's Shuffle

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Easy Beginner
编舞者: Cheryl Abbley Tynan - August 2012
音乐: Beer Money - Kip Moore : (iTunes)



Other music: 'Sexy and I Know It' by 'LMFAO'; 'Somethin' Bout a Truck' by 'Kip Moore'

FORWARD SHUFFLES, ROCKING CHAIR, COASTER STEP

1 & 2 Shuffle forward R,L,R
3 & 4 Shuffle forward L,R,L
5 - 6 Rocking chair, forward right, back left
7 & 8 Coaster step right, left, right (12:00)

FORWARD SHUFFLES, ROCKING CHAIR, COASTER STEP

1 & 2 Shuffle forward L,R,L
3 & 4 Shuffle forward R,L,R
5 - 6 Rocking chair, forward left, back right
7 & 8 Coaster step, left, right, left (12:00)

LINDY TO R, ROCK RECOVER, LINDY L, ROCK RECOVER

1 & 2 Lindy right, R,L,R
3 - 4 Rock back left, recover right
5 & 6 Lindy left, L,R,L
7 - 8 Rock back right, recover left (12:00)

R KICK BALL CHANGE 2X, 1/8 TURN HIP ROLLS 2X

1 & 2 Kick ball change, right foot
3 & 4 Kick ball change, right foot
5 - 6 1/8 Hip roll, while turning to left
7 - 8 1/8 Hip roll, while turning to left (9:00)

Begin again, Enjoy!

Please feel free to use other music to my dance, country or noncountry work, just have fun!

Contact info: Cheryl Abbley Tynan – cheryl48180@gmail.com
