

Resurrection Shuffle

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Linda Burgess (AUS) - September 2015
音樂: Resurrection Shuffle - Ashton, Gardner & Dyke : (Album: The Best of ...)



Intro: Start after 44 Counts (with Lyrics)

Sequence : A, A, B32,B32, A, B32,B32, A, B (1st 8 counts only)

PART A= 32 counts

A[1-8]□□SIDE, TGTHR, FWD, SIDE, TGTHR, FWD, MAMBO FWD, BACK, LOCK, BACK

1&2,3&4 Step R to R, step L beside L, step fwd R, step L to L, step R beside L, step fwd L

5&6,7&8 Rock/step fwd R, replace weight to L, step back R, step back L, lock/step R over L, step back L

A[9-16]□□½, STEP, PIVOT ½, STEP, SAMBA CROSS, SAMBA TOGETHER

1,2,3,4 Turn ½ R & step fwd R, step fwd L, pivot ½ R, step fwd L

5&6,7&8 Rock/step R to R, replace weight to L, cross/step R over L, rock/step L to L, replace weight to R, step L beside R. (12.00)

A[17-24]□2 SLOW TWISTS, 3 QUICK TWISTS, STOMP, STOMP, TOUCH, STOMP, STOMP, TOUCH

1,2,3&4 Twist heels R, ,twist toes to R, twist heels to R, twist toes to R, twist heels to R

5&6,7&8 Stomp R fwd, stomp R fwd, touch L to L, stomp L fwd, stomp L fwd, touch R to R

A[25-32]□□STEP, PIVOT ½, RUN, RUN, RUN, STEP, PIVOT ½, STEP, STEP, PIVOT ½ □

1,2,3&4 Step fwd R, pivot ½ turn L, run fwd, R,L,R

5&6,7,8 Step fwd L, pivot ½ turn R, step fwd L, step fwd R, pivot ½ L□(6.00)

PART B=32

B[1-8]□STEP, LOCK, STEP, STEP, LOCK, STEP, V STEP, BACK/ROCK, SIDE

1&2,3&4 Step fwd R, lock/step L behind R, step fwd R, step fwd L, lock/step R behind L, step fwd L
(put hands on your hips)

5,6,7&8 (hands still on hips)-Step R to 45R, step L to 45L, rock/step R behind L, replace weight to L, step R to R

B[9-16]□CROSS/STRUT, SIDE/STRUT, L SAILOR, JUMP BACK, X 2, SIDE/ROCK, TOGETHER

1&2&3&4 Cross/step L toe over R, lower L heel, step R toe to R, lower R heel, cross/step L behind R, step R to R, step L beside R (click fingers to the right on the (&) counts of the struts.

5&6&7&8 (with knees bent)- jump back on both feet, clap, jump back on both feet, clap, rock/step R to R, replace weight to L, touch R beside L

B[17-24]□FULL TURN R & TOUCH, FULL TURN L & TOUCH

1,2,3,4 Turn ¼ R & step fwd R, turn ½ R & step back L, turn ¼ R & step R to R, touch L next to R

5,6,7,8 Turn ¼ L & step fwd L, turn ½ L & step back R, turn ¼ L & step L to L, touch R next to L

(Any use of hand claps or clicks on the touch's.)

B[25-32]□R SUGARFOOT, STOMP, L SUGARFOOT, STOMP, BACK TOUCHES X 3, STEP

1&2,3&4 Touch R toe slightly to R side with R knee turned in, touch R heel in place, stomp fwd R, touch L toe to L with knee turned in, touch L heel in place, stomp fwd L

5&6&7&8 Step back R on slight diagonal, touch L beside R & clap, step back L on slight diagonal, touch R beside L & clap, step back R on slight diagonal, touch L beside R & clap, step back L on slight diagonal.

Finish:□Dance counts 1-8 of part B –arms out to sides on 8.

Contact: Email. oneInr@bigpond.net.au
