

Solefull Shuffle

COPPER KNOB
STEPPERS

拍數: 88 牆數: 2 級數: Intermediate
編舞者: Soleman Krebs - July 2016
音樂: Stay Together - The Temptations



Start Dance After 16 Counts:

Section I : Toe Switches

1&2, 3-4 Point R Toe Forward, Point L Toe Forward , Kick Forward R,R
5&6, 7-8 Repeat - Point L, Point R, Kick L, L

Section II : Heel Jacks

1&2&3&4 Point R Heel To Right Diagonal, Step In Place With R, Cross L Over R, Step R To R Side
5&6& Point L Heel To Left Diagonal, Step In Place With L, Cross R Over L, Step L To L Side
7&8& Repeat Sequence

Section III : Grapevine Left, Grapevine Right With A Touch

1-4 Step L To Side, Step R Behind L, Step L To Side, R Touch,
5-8 Repeat To Right.

Section IV: Rolling Vines

1-4 Step L To L Side, Step R Turning ½ To R Side, Step L Turning ½ To L Side, Touch R Next
To L.
5-8 Repeat Turning To Right.

Section V: Sailor Shuffles

1&2, 3&4 Step L Foot Behind R, Step R Foot To R Side, Step L Foot Parallel To R
5&6, 7&8 Step R Foot Behind L, Step L Foot To L Side, Step R Foot Parallel To L

Section VI: Repeat Sequence

Section VII: Toe Touches W/ Sailors

1-2, 3&4 Touch L Toe Front Of R, Touch L Toe To L Side, Step L Foot Behind R, Step R Foot To R
Side, Step L Foot Parallel To R
5-6, 7&8 Touch R Toe Front Of L, Touch R Toe To Side, Step R Foot Behind L, Step L Foot To L Side,
Step R Foot Parallel To L

Section VIII: Knee Pops And Walks

1-2 Step L Forward Popping R Knee Forward, Step R Forward Popping L Knee Forward
3&4 Step Forward L, R, L
5-6 Step R Forward Popping L Knee Forward, Step L Forward Popping R Knee Forward
7&8 Step Forward R, L, R

Section IX: Diagonal Step Touches

1-2 Step L Back To L Diagonal, Drag R Next To L,
3-4 Step R Back To R Diagonal, Drag L Next To R
5-8 Repeat Sequence

Section X: Side Touches

&1&2, &3-4 Step L, Touch R To R Side, Step R, Touch L To L Side, Step L Touch R 2x
&5&6,&7-8 Step R, Touch L To L Side, Step L, Touch R To R Side, Step R Touch L 2x

Section XI: Step Touch & Cross ½ Turn W/ Heel Lifts And Claps

&1-2, 3 Step L, Touch R To Front, Touch R To Side And Cross L Over R,
4-5-6, 7&8 Bounce heels 4x turning clockwise to complete ½ turn and clap 2x.

Start Over

Contact: Solefullswing@gmail.com
