Bye Bye Shuffle

拍數: 36

級數: Improver

編舞者: Ruth Cuthbertson - January 2019

音樂: Commit Me for Hangin' On - Scooter Lee

This dance is especially dedicated to all of my dancing friends at Avon Oaks and Melody Lane.

Also: Daniel's Boys - Scooter Lee (slow) -

Side Shuffles, Cross Shuffles, Turn, Rock Steps

- 1&2Shuffle sideways to the right (RLR)3&4Cross Left over Right and shuffle to the right (LRL)
- 5&6 Shuffle sideways to the right (RLR)
- 7&8 Cross Left over Right and shuffle to the right (LRL)
- 9&10 Shuffle sideways to the right (RLR) making a 1/4 turn CCW on these step
- 11-12 Step back on Left, Rock forward onto Right

Shuffles Forward, Rock Steps

- 13&14 Shuffle forward (LRL)
- 15&16 Shuffle forward (RLR)
- 17&18 Shuffle forward (LRL)
- 19-20 Step forward on Right, Rock back onto Left

Turning Shuffles, Stomps

- 21&22 Shuffle backward (RLR) making a 1/2 turn CW on these steps
- 23&24 Shuffle forward (LRL) making a 1/2 turn CW on these steps
- 25&26 Shuffle backward (RLR) making a 1/2 turn CW on these steps
- 27-28 Stomp left next to Right, Stomp Right next to Left (stomp down)

Syncopated Rambles Left And Right

- 29-30 Swivel both heel, to the left Swivel both toe, to the left
- 31&32 Swivel both heels to the Lt, Swivel toes to the Lt, Swivel both heels to the Lt
- 33-34 Swivel heels to the right, Swivel toes to the right
- 35&36 Swivel heels to the right Swivel toes to the right Swivel heels to the right

BEGIN AGAIN

Submitted by - William Curtis: curtiz24@hotmail.com





牆數:4