

Shuffle In the Water

COPPER **KNOB**
BY STEPHANIE

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Jeannie Compter (USA) & Thomas Compter - March 2019
音樂: Something In the Water - Brooke Fraser



Other songs: Rhythm Of The Rain by the Cascades or almost any cha cha rhythm

WALK, WALK, SHUFFLE, ROCK FORWARD, SHUFFLE BACKWARDS

Weight is on left foot, starting the walk with your right foot.

1-2 Walk forward Right foot, Walk forward left foot,
3&4 Shuffle right, left, right forwards
5-6 Rock forward Left Foot, recover back on right foot
7&8 Shuffle Left, Right, Left backwards

WALK, WALK, SHUFFLE, SHUFFLE BACKWARDS, SHUFFLE RIGHT, SHUFFLE, LEFT, SHUFFLE RIGHT

1-2 Walk backwards Right foot, Walk backward Left foot
3&4 Shuffle to the right (Right-Left-Right)
5&6 Shuffle to the left (Left-Right-Left)
7&8 Shuffle to the right (Right-Left-Right)

GRAPEVINE LEFT W/ SHUFFLE, ROCK ACROSS, SHUFFLE TURN,

1-2 Step out to the left side with Left foot, Right foot behind left foot
3&4 Shuffle to the left (Left-Right-Left)
5-6 Cross your right foot in front of your left foot and recover on left foot
7&8 Shuffle Turn ¼ turn to the right (Right-Left-Right)

HEEL & SIDE & SIDE & STEP, ROCK, RECOVER, COASTER STEP

1& Left heel to front, Left step together
2& Right Toe to right, Right step together
3& Left Toe to left, Left step together
4 Right step forward
5-6 Left step forward, Right recover back
7&8 Left Coaster Step (Left-Right-Left)

Dancing is healthy for your mind, body and soul! Don't stress just dance.

Got Questions? Contact: Jeannie@ArtSmart-Creations.com