

Shiftless

拍數: 56 牆數: 2 級數: Low Intermediate
編舞者: Jim Ray (USA) - January 2021
音樂: Shiftwork (feat. George Strait) - Kenny Chesney



Hold 32 Start

FORWARD ROCK STEP, SHUFFLE BACK, ROCK STEP BACK, SHUFFLE FORWARD

1,2 Rock Right Forward, Shift Wt. Back To Left
3&4 Shuffle Back Right, Left, Right
5,6 Rock Left Back, Shift Wt. Forward To Right
7&8 Shuffle Forward Left, Right, Left

STEP RIGHT FORWARD, TURN A 1/4 LEFT, STEP RIGHT FORWARD TURN A 1/4 LEFT, STEP FORWARD RIGHT, LEFT, RIGHT, TOUCH LEFT TOGETHER

1,4 Step Right Forward Turn A 1/4 Left, Step Right Forward, Turn 1/4 Left
5,8 Step Right Forward, Step Left Forward, Step Right Forward, Touch Left Together

LEFT GRAPEVINE WITH A TURN 1/2 LEFT, BRUSH RIGHT, BOX STEP

1,4 Step Left, Cross Right Behind, Step Left Side Turning 1/2 Left And Brush Right Forward
5,6,7,8 Cross Right Over Left, Step Left Back, Step Right, Step Left Together

ROCK STEP, COASTER STEP, ROCK STEP COASTER STEP

1,2 Step Right Foot Forward, Shift Wt. Back To Left
3&4 Coaster Step, Step Right Back, Step Left Together, Step Right Forward
5,6, Step Left Foot Forward, Shift Wt. Back To Right
7&8 Coaster Step, Step Left Back, Step Right Together, Step Left Forward

HIP BUMPS , 2 RIGHT, 2 LEFT, RIGHT, LEFT, RIGHT, LEFT

1,2,3,4 Hip Bumps 2 To Right, Hip Bumps 2 To Left
5,6,7,8 Hip Bumps, Hips Right, Left, Right, Left

MONTEREY TURNS, 2 TIMES SECOND ONE ENDS WITH A TAP

1,2 Touch Right Toe To Right Side, Turn A 1/2 Turn Right And Step Right Together
3,4 Touch Left Toe To Left Side, Step Left Together
5,6 Touch Right Toe To Right Side, Turn A 1/2 Turn Right And Step Right Together
7,8 Touch Left Toe To Left Side, Tap Left Together

LEFT GRAPEVINE WITH A 1/2 TURN LEFT, AND BRUSH RIGHT FORWARD, JAZZ BOX

1,2 Step Left To The Left Side, Cross Right Behind Left
3,4 Step Left To The Left Side Turning A 1/2 Left And Brush Right Forward
5,6,7,8 Cross Right Over Left, Step Left Back, Step Right To Right, Step Left Together

(START OVER)

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