

Trail Riders Shuffle

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Big Mucci (USA) - March 2023
音樂: The TrailRiders Shuffle (feat. Rico) - Big Mucci



#1st Count of 8: Forward, Hip Rolls, Backward, Hip Rolls

1, 2-3-4 Both feet hop forward, roll hips, roll hips, roll hips
5, 6-7-8 Both feet hop backward, roll hips, roll hips, roll hips

#2nd Count of 8: Swing Hips x4

1-2 Swing hips left to right
3-4 Swing hips right to left
5-6 Swing hips left to right
7-8 Swing hips right to left

#3rd Count of 8: Shuffle Forward, Rock Recover Shuffle Back Rock Recover

1&2 RF step forward, LF step together, RF step forward
3, 4 LF step forward, RF recover rock backward
5&6 LF step backward, RF step together, LF step backward
7, 8 RF step backward, LF recover rock forward

#4th Count of 8: Shuffle Turn, Rock Recover, Pony Trot Backward x4

1&2 RF step forward $\frac{1}{4}$ turn left (9:00), LF step together, RF step backward $\frac{1}{4}$ turn left (6:00),
3, 4 LF step backward, RF recover rock forward
5, 6 $\frac{1}{4}$ turn right (9:00) LF weight slight backward hop and pop right knee, RF weight slight
backward hop and pop left knee
7, 8 LF weight slight backward hop and pop right knee, RF weight slight backward hop and pop
left knee
