

Hallway Shuffle

拍數: 32 牆數: 2 級數: Absolute Beginner
編舞者: Aurora de Jong (USA) - May 2024
音樂: Standing In the Hallway - The Bangles



#32 Count Intro

NO TAGS OR RESTARTS

4 shuffles forward (Right, Left, Right, Left) (at slight angles for styling, if desired)

1&2 Step R forward (1), step ball of L to R (&), step R forward (2)
3&4 Step L forward (3), step ball of R to L (&), step L forward (4)
5&6 Step R forward (5), step ball of L to R (&), step R forward (6)
7&8 Step L forward (7), step ball of R to L (&), step L forward (8)

Forward rock/recover, 3 shuffle back (Right, Left, Right) (angle body for styling, if desired)

1-2 Rock R foot forward (1), recover to L (2)
3&4 Step R foot back (3), step ball of L to R (&) step R back (4)
5&6 Step L back (5), step ball of R to L (&), step L back (6)
7&8 Step R back (7), step ball of L to R (&), step R back (8)

Stomps L and R, Clap 2x, "Elvis" knees 4x (L, R, L, R) (optional arms on counts 5-8)

1-2 Step L to left (1), stomp R to right (2)
3-4 Clap (3), clap (4)
5-6 Turn L knee in (5), straighten L and turn R knee in (6)
7-8 Straighten R and turn L knee in (7), straighten L and turn R knee in (8) (weight in now on L)
(5-8 optional arms, kind of like you're skiing: Raise R arm shoulder height in a fist, L arm down to side in fist)
(5), switch back and forth on counts 6-8, alternating which arm is up)

Forward step touch, ¼ left step touch, forward step touch, ¼ left step touch (optional arms)

1-2 Step R forward (1), touch L toe to R heel (2)
3-4 Step L to left, turning ¼ left (3), touch R toe to L (4) (9:00)
5-6 Repeat steps 1-2
7-8 Repeat steps 3-4 (6:00)

(1-8 optional arms: On counts 1&2 and 5&6, do a little cha, cha, cha with your hands, RLR, palms facing down at a 45 degree angle. On counts 4 and 8, do a clap.)

This dance was inspired by an experience I had with my dance class one evening. Due to a scheduling mix-up, the room that we normally dance in was occupied. We ended up dancing in a narrow hallway for half an hour. The next day one of my students said we were doing the "Hallway Shuffle" and I thought....There SHOULD be a dance for that! This would be a great dance for teaching shuffles to beginners!

Questions? aurora.dejong@gmail.com

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