

P and V Art Shuffle

拍數: 48 牆數: 2 級數: Improver
編舞者: Patricia Burton (USA) & SlinkyV (USA) - March 2025
音樂: ART - Tyla



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

WALK WALK WALK DOUBLE STOMPS, HEEL TWISTS

1 2 3&4 Walk to the right RLR, two quick stomps with left foot
5 6 7&8 Walk to left LRL, two quick stomps with left foot
9 10 11&12 Walk back RLR, two quick left stomps
13 14 15&16 Walk forward LRL, twist heels to right then left

STEP BACK HIP ROLLS

1 2 3 4 Step back on right, hip roll, step back on left, hip roll
5 6 7 8 Repeat steps 1-4 above

POINTS, COASTER STEPS

1 2 3&4 Point right foot up, to side, right coaster step
5 6 7&8 Point left foot up, to side, left coaster step

TRIPLE STEPS, HALF TURNS

1&2 3 4 Triple step forward LRL, step on right, make half left turn end on left foot
5&6 7 8 Triple step forward RLR, step on left, make half turn right end on right

ROCK FORWARD, RIGHT HALF TURN, ROCK FORWARD, EASY RIGHT HALF TURN

1 2 SRock forward on right, recover on left making half right turn
3 4 Rock forward on right, recover on left
5 6 7 8 Step back on right, recover on left then two forward steps right, left

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com