

Koozo Shuffle

拍數: 40 牆數: 2 級數: Intermediate contra dance
編舞者: Cathy McDaniel (USA)
音樂: Live Close By, Visit Often - K.T. Oslin



KICK FORWARD, KICK SIDE, SAILOR SHUFFLE, KICK FORWARD, KICK SIDE, SAILOR SHUFFLE

1-2 Kick right foot forward, kick right foot to right side
3&4 Cross right behind left, step left next to right, step right foot in place
5-6 Kick left foot forward, kick left foot to left side
7&8 Cross left behind right, step right next to left, step left foot in place

STEP AND SWAY HIPS, STEP BACK, TOGETHER, FORWARD, TOGETHER

1-2 Step right foot on a forward right diagonal bending slightly at waist with right shoulder slightly forward and sway hips to right side, keeping feet in place, sway hips to left
3-4 Sway hips to right, sway hips to left
5-6 Step forward on right, step forward together with left
7-8 Step back on right, step back together with left

STEP AND SWAY HIPS, STEP BACK, TOGETHER, FORWARD, TOGETHER

1-2 Step right foot on a forward right diagonal bending slightly at waist with right shoulder slightly forward and sway hips to right side, keeping feet in place, sway hips to left
3-4 Sway hips to right, sway hips to left
5-6 Step forward on right, step forward together with left
7-8 Step back on right, step back together with left

TWO FORWARD SHUFFLES, PIVOT ½ TURN LEFT, TWO BACKWARD SHUFFLES

1&2 Shuffle forward right, left, right
3&4 Shuffle forward on left, right, left
5&6 Pivot on the ball of left foot ½ turn, shuffle back right, left, right
7&8 Shuffle back left, right, left

TWO TOE STRUTS, "COOL" WALK FORWARD

1-2 Step forward on the ball of right foot, drop heel
3-4 Step forward on the ball of left foot, drop heel
5-6 Walk forward right, left (or cross boogie walk)
7-8 Walk forward right, left (or cross boogie walk)

REPEAT

The dance works great with "Riding Alone" by Rednex but you must drop the third set of 8 counts (sways and step forward and back) to have the dance phrase to the song. In the 32 count form it works with the song including the last beat ending with the last step.
