

Ledoux Shuffle

拍數: 96 牆數: 4 級數: Advanced
編舞者: Anita Williams (USA)
音樂: Cadillac Ranch - Chris LeDoux



Variation based on Kenny Edwards

HEEL HOOKS

1-2 Touch right heel front, hook right foot over left knee
3-4 Touch right heel front, step right next to left
5-6 Touch left heel front, hook left foot over right knee
7-8 Touch left heel front, step left next to right
9-10 Touch right heel front, hook right foot over left knee
11-12 Touch right heel front, touch right toe to back

LE DOUX SHUFFLE

13&14 Shuffle forward right, left, right
15-16 Step forward left, rock back right
17&18 Shuffle back left, right, left
19-20 Step back right, rock forward left
21&22 Shuffle forward right, left, right
23-24 Step forward left, pivot ½ turn right putting weight on right foot
25&26 Shuffle forward left, right, left
27-28 Step forward right, pivot ¼ turn left putting weight on left foot
29-30 Step forward right, pivot ½ turn left putting weight on left foot

STOMP, CLAP, TUSH PUSH BEGINNING

31-32 Stomp right foot next to left, clap
33-36 With weight on left foot, tap right heel forward 4 times
37 Hop and step right foot next to left
37-40 With weight on right foot, tap left heel forward 4 times
&41 Hop and step left foot next to right, tap right heel forward
&42 Hop and step right foot next to left, tap left heel forward
&43 Hop and step left foot next to right, tap right heel forward
44 Clap
45&46 Bump right hip forward 2 times
47&48 Bump left hip back 2 times
49-52 Right hip forward & back 2 times

LE DOUX SHUFFLE

53-70 Repeat counts 13-30

HALF TURN

71 Stomp right foot next to left foot
72 Jump spread feet apart (shoulder width)
73 Jump cross left foot behind right (your feet switch places)
74 Turn ½ turn to your left (making a weight change to your left foot)

LE DOUX SHUFFLE

75-92 Repeat counts 13-30

JAZZ BOX

93-94 Cross right over left, step back left

95-96 Step side right, change weight to left foot (stomp down optional)

REPEAT
