

Lonestar Shuffle

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Andie Lynne
音樂: No News - Lonestar



JUMP AND STEP:

- 1 Hold arms out in front
- 2 Hop forward while pulling arms in
- 3 Step forward on right foot
- 4 Step forward on left foot

JAZZ BOX:

- 5 Cross-step right foot over left
- 6 Step back on left foot
- 7 Step to back on right foot, to the right of left foot
- 8 Step left foot next to right

HEEL TAPS:

- 9-10 Tap right heel forward twice
- & Switch feet - step on right foot
- 11-12 Tap left heel forward twice
- &13 Switch feet - step on left foot - and tap right heel forward once
- &14 Switch feet - step on right foot - and tap left heel forward once
- &15-16 Switch feet - step on left foot - and tap right heel forward twice

RIGHT GRAPEVINE, HOLD AND CLAP:

- 17 Step right foot to right side
- 18 Cross-step left foot behind right
- 19 Step right foot to right
- 20 Hold and clap

RIGHT KNEE SWINGS:

- 21-22 Swing right knee to right and return
- 23-24 Swivel left knee to left and return

LEFT GRAPEVINE, HOLD AND CLAP:

- 25 Step left foot to left side
- 26 Cross-step right foot behind left foot
- 27 Step left foot to left side
- 28 Hold and clap

LEFT KNEE SWINGS:

- 29-30 Swing right knee to right and return
- 31-32 Swing left knee to left and return

RIGHT FOOT BRUSHES AND ¼ TURN TO LEFT:

- 33 Sweep right foot forward
- 34 Cross right foot over left
- 35 Tap right toe in front of left foot
- 36 Make ¼ turn to left, staying on right toe

KNEE POPS (AS IF MARCHING IN PLACE):

- 37 Transfer weight to right foot
- 38 Transfer weight to left foot
- 39 Transfer weight to right foot
- 40 Transfer weight to left foot

REPEAT
