

# 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**

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