

Lost In The Shuffle

拍數: 62 牆數: 4 級數:
編舞者: Kelly Hinds (AUS)
音樂: Lost In the Shuffle - Michael Peterson



- 1-2 Rock forward onto left, rock back onto right
3-4 Repeat last 2 beats
5&6 Shuffle forward, right-left-right
7-8 Rock forward onto right, rock back onto left
- 9&10 Turn $\frac{3}{4}$ to the right on the spot stepping right-left-right
11-12 Step to left on left, pivot $\frac{1}{2}$ to the right on ball of left foot, step to right on right
13-16 2 right hip bumps, 2 left hip bumps
- 17-18 Hip grind in a circle to the left from right to left while heels are raised
19-20 2 right bumps
21-24 Rolling vine left with an extra $\frac{1}{4}$ turn to the left scuffing right forward on 4th beat
- 25-28 Shuffle forward right-left-right, shuffle forward left-right-left
29-30 Scuff right forward, hitch right knee up
31-32 Step right toe across left foot, bring right heel down taking weight
- 33-36 Touch left toe to side & slightly forward, tap left heel 3 times
37-40 Swivel to the left, heels, toes, heels, toes
- 41-44 Rolling vine right touching left toe beside right on the 4th beat
45&46 Left 45, touch left beside right, jump right over left
47-50 Repeat last 2 beats twice
- 51-52 Unwind $\frac{3}{4}$ to the left
53&54 Shuffle to the right stepping right-left-right
55-56 Rock left behind right, rock forward onto right
57&58 Shuffle to the left stepping left-right-left
59-60 Rock right behind left, rock forward onto left
61&62 Shuffle forward right-left-right

REPEAT
