

The Macmillan Shuffle

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver line/contra dance
編舞者: Phil Johnson (UK)
音樂: Tall Ships - Greyhound Express



Dance in contra-lines

CHASSE RIGHT, ROCK BACK, RECOVER: CHASSE LEFT, ROCK BACK RECOVER

- 1&2 Step right to right side, step left next to right, step right to right side
- 3-4 Rock back on left behind right; recover weight forward on right
- 5&6 Step left to left side, step right next to left, step left to left side
- 7-8 Rock back on right behind left; recover weight forward on left

RIGHT AND LEFT SHUFFLES FORWARD; ROCK FORWARD, RECOVER, SHUFFLE HALF TURN RIGHT

- 9&10 Step forward on right, step left next to right, step forward on right
- 11&12 Step forward on left, step right next to left, step forward on left
- 13-14 Rock forward on right, recover weight back on left
- 15&16 Shuffle half turn right stepping right, left, right

LEFT AND RIGHT SAILOR STEPS ; WALK FORWARD AND BACK

- 17&18 Step left behind right, step right to right side, step on left in place; (place right arm along stomach and left arm along bottom of the back if you like)
- 19&20 Step right behind left, step left to left side, step on right in place; (place left arm along stomach and right arm along bottom of the back if you like)
- 21-22 Step forward on left, touch right beside left with a clap
- 23-24 Step backward on right, touch left beside right with a clap

ROCK STEPS, HEEL SWITCHES AND CLAPS

- 25-26 Rock back on left, recover weight forward on right
- &27-28 Step on left beside right, rock back on right, recover weight forward on left
- 29&30 Dig right heel forward, step on right beside left, dig left heel forward
- &31&32 Step on left beside right, dig right heel forward, clap hands, clap hands (weight remains on left foot ready to start again)

REPEAT
