

# Michiana Motion

拍數: 32      牆數: 4      級數:  
編舞者: Choreography Workshop Students (USA)  
音樂: Heartache Tonight - John Anderson



## RIGHT SAILOR SHUFFLE, LEFT SAILOR SHUFFLE

- 1 Swing/step right ball of foot cross behind left foot
- & Step left ball of foot to left side of right foot (½ beat)
- 2 Step right foot to right side (parallel to left foot (½ beat)).
- 3 Swing/step left ball of foot cross behind right foot
- & Step right ball of foot to right side of left foot (½ beat).
- 4 Step left foot to left side (parallel to right foot (½ beat)).

## RIGHT BRUSH UP AND DOWN, EXTEND BACK, PIVOT ½ TURN RIGHT

- 5 Move/brush right ball of foot forward and up and circle back toward you (on the forward movement, the right ball of foot brushes against the floor, as the foot moves up, the knee bends and stays bent as you circle back toward your body).
- 6 Stomp (up) right foot beside left foot, weight stays on left foot (½ beat)
- & Raise right foot slightly back up off floor (½ beat)
- 7 Extend right leg back (right foot approximately 1" to 3" from floor).
- 8 Torque/pivot right ½ turn by pivoting on ball of left foot as you turn your body to the right.

**Do not push off the right foot, your right knee will bend as you start this movement (use the momentum from bending your right knee to help execute this move. The lower portion of your leg will be primarily perpendicular to the floor with toes approximately 8" to 14" from floor (facing 6:00 o'clock).**

## RIGHT FORWARD SHUFFLE, ROCK FORWARD, ROCK BACK

- 9 Step right ball of foot forward
- & Step left ball of foot forward (left toe to approximately right instep (½ beat)).
- 10 Step right foot forward (½ beat)
- 11 Step/rock left foot forward (transfer weight/rock on left foot as you step forward, leaving right leg extended back with right/toe/ball still touching floor).
- 12 Step back on right foot (transfer body weight over right foot, leaving left leg extended forward with left toe/ball touching floor).

## LEFT BACKWARD SHUFFLE, TOUCH, ½ PIVOT TURN RIGHT

- 13 Step left ball of foot back
- & Step right ball of foot back (right toe to approximately left instep (½ beat)).
- 14 Step left foot back (½ beat)
- 15 Touch right toe straight back (weight still on left foot)
- 16 Torque/pivot right ½ turn by pivoting on ball of left foot as you turn your body to the right. Do not push off the right foot (ending with weight on left foot, right leg now extended forward, right toe/ball still touching floor, facing 12:00 o'clock).

## RIGHT BACKWARD SHUFFLE, BACK, FORWARD

- 17 Step right ball of foot back
- & Step left ball of foot back (left toe to approximately right instep (½ beat)).
- 18 Step right foot back (½ beat)
- 19 Step left foot back
- 20 Step right foot forward

## FORWARD, KICK

- 21 Step left foot forward

- & Right knee slightly, bringing lower leg back ( $\frac{1}{2}$  beat)  
22 Kick right foot forward (foot approximately 10" to 14" from floor ( $\frac{1}{2}$  beat)).

### **RIGHT SIDE SHUFFLE, ROCK, ROCK**

- 23 Step right ball of foot to right side (parallel to left foot).  
& Step left ball of foot beside right foot ( $\frac{1}{2}$  beat)  
24 Step right foot to right side ( $\frac{1}{2}$  beat)  
25 Step/rock left foot behind right foot (left toes facing approximately 10:00 o'clock, approximately left ball of foot behind right heel, but back a few inches, body facing approximately 11:00 o'clock (right toe/ball stays in contact with floor during this move)).  
26 Transfer weight over right foot (left toe/ball still touching floor, now facing 12:00 o'clock).

### **LEFT SIDE SHUFFLE, ROCK BACK, $\frac{1}{4}$ TURN RIGHT**

- 27 Step left ball of foot to left side (parallel to right foot).  
& Step right ball of foot beside left foot ( $\frac{1}{2}$  beat).  
28 Step left foot to left side ( $\frac{1}{2}$  beat)  
29 Step/rock right foot behind left foot (right toes facing approximately 2:00 o'clock, approximately right ball of foot behind left heel, but back a few inches, body facing approximately 1:00 o'clock (left toe/ball stays in contact with floor during this move)).  
30 Pivot right  $\frac{1}{4}$  turn (pivot on balls of both feet, ending with weight on left foot, facing 3:00 o'clock).

### **RIGHT KICK-BALL-CHANGE**

- 31 Kick right foot forward (approximately 10" to 14" from floor).  
& Step right ball of foot beside left foot ( $\frac{1}{2}$  beat).  
32 Step left foot beside right foot ( $\frac{1}{2}$  beat)

**REPEAT**

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