

# Mrs. Rudy

拍數: 40      牆數: 4      級數: Improver  
編舞者: Barb Addeo (USA)  
音樂: Mrs. Steven Rudy - Mark McGuinn



## CROSS, TOE TOUCH, CROSS SHUFFLE, STEP, BEHIND, SIDE SHUFFLE

1-2            Step right forward and across left, touch left toes to left side  
3&4            Cross left over right, step right to right side, cross left over right (crossing shuffle)  
5-6            Step right to right side, step left behind right  
7&8            Right shuffle to right side

## CROSS, TOE TOUCH, CROSS SHUFFLE, STEP, BEHIND, SIDE SHUFFLE

9-10           Step left forward and across right, touch right toes to right side  
11&12          Cross right over left, step left to left side, cross right over left (crossing shuffle)  
13-14          Step left to left side, step right behind left  
15&16          Left shuffle to left side

## TOE TOUCHES FRONT, SIDE, BACK, UNWIND, HIP BUMPS

17-19          Touch right toe across left to the 11:00 position, touch right toe to right side at the 3:00 position, touch right toe behind left heel at the 7:00 position  
20              Unwind  $\frac{1}{4}$  turn to the right (weight should stay on left)  
21-22          Shifting weight to right, bump hips right, right  
23-24          Shifting weight to left, bump hips left, left

## SYNCOPATED ROCK STEPS

### Add some bounce to these steps

25&26          Step right forward and rock forward, recover weight on left, step right foot together  
27&28          Step back on left and rock back, recover weight on right, step left foot together

## WALK FORWARD AND BACK, COASTER STEP

29-30          Walk forward right, left  
31-32          Walk back right, left  
33&34          Right coaster back: step right back, step left foot together, step right foot forward

## WALK FORWARD AND BACK, COASTER STEP

35-36          Walk forward left, right  
37-38          Walk back left, right  
39&40          Left coaster back: step left back, step right foot together, step left foot forward

## REPEAT

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