

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
