

"New" Tulsa Shuffle

拍數: 40 牆數: 0 級數:
編舞者: Donald E. Kaneski (USA)
音樂: The Tulsa Shuffle - The Tractors



STROLLS RIGHT & LEFT

- 1 Step right forward right diagonal
- 2 Drag left up behind right
- 3 Step right forward right diagonal
- 4 Brush left past right
- 5 Step left forward left diagonal
- 6 Drag right up behind left
- 7 Step left forward left diagonal
- 8 Brush right past left

STROLL RIGHT, ROCK, RECOVER, KICK, KICK

- 9 Step right forward right diagonal
- 10 Drag left up behind right
- 11 Step right forward right diagonal
- 12 Brush left past right
- 13 Rock step forward on left
- 14 Rock back on right in place
- 15 Kick left foot forward
- 16 Kick left foot forward

BACK, KICK, BACK, KICK, BACK, KICK, ¼ TURN, HITCH-SCOOT

- 17 Step left foot back
- 18 Kick right foot forward
- 19 Step right foot back
- 20 Kick left foot forward
- 21 Step left foot back
- 22 Kick right foot forward
- 23 Swing right foot back and under using momentum to turn ¼ left on left foot
- 24 Bring right knee up into a hitch position and scoot forward on left

½ PIVOT, STEP, ½ PIVOT, STEP, SIDE SWITCHES

- 25 Step right foot forward and turn ½ left
- 26 Step left foot in place
- 27 Step right foot forward and turn ½ left
- 28 Step left foot in place
- 29 Touch right toes side right
- 30 Switch bringing right to home and touch left toes side left
- 31 Switch bringing left to home and touching right toes side right
- 32 Hook right behind left

HIP BUMPS

- 33 Step right foot slightly forward and bump hip right
- 34 Bump hip right
- 35 Step left foot in place and bump hip left
- 36 Bump hip left
- 37 Bump hips right

- 38 Bump hips left
- 39 Bump hips right
- 40 Bump hips left

Hip Bumps are similar to Tush Push, moving hips in a circular motion with knees slightly flexed.

REPEAT
