

Parnell Shuffle

拍數: 52 牆數: 4 級數: Intermediate
編舞者: Vicki E. Rader (USA)
音樂: Heart's Desire - Lee Roy Parnell



KICKS, TRIPLE STEPS

- 1-2 Kick right foot forward; kick right foot to the right side
- 3&4 Triple step in place stepping right, left, right
- 5-6 Kick left foot forward; kick left foot to the left side
- 7&8 Triple step in place stepping left, right, left.

ROCK STEPS, BACKWARD SHUFFLES

- 9-10 Rock-step right foot forward; rock back onto left
- 11&12 Step right foot back; step left together; step right foot back
- 13-14 Rock-step left foot forward; rock back onto right
- 15&16 Step left foot back; step right together; step left foot back.

ROCK STEPS, FORWARD SHUFFLES

- 17-18 Rock-step right foot back; rock forward onto left
- 19-20 Step right foot forward; step left together; step right foot forward
- 21-22 Rock-step left foot back; rock forward onto right
- 23&24 Step left foot forward; step right together; step left foot forward.

PIVOT TURN, ROCK STEPS, PIVOT TURN

- 25-26 Step right foot forward; pivot ½ turn left
- 27-28 Rock-step right foot forward; rock back onto left
- 29-30 Rock-step right foot back; rock forward onto left
- 31-32 Step right foot forward; pivot ½ turn right.

ROCK STEPS, PIVOT TURNS

- 33-34 Rock step right foot forward; rock back onto left
- 35-36 Rock step right foot back; rock forward onto left
- 37-38 Step right foot forward; pivot ½ turn left
- 39-40 Step right foot forward; pivot ¼ turn left.

CROSS-UNWIND, HIP BUMPS, LONG RIGHT STEP, CROSS-STEP SHUFFLE

- 41-42 Cross-step right foot over left; unwind ½ turn left
- 43&44 Bump hips left, right, left
- 45-46 Step right foot in long step to right side; slide left next to right
- 47&48 Cross-step right foot over left; slide left foot to outside of right heel; with right foot still crossed over left, step right foot to left side.

LONG LEFT STEP, CROSS-STEP SHUFFLE

- 49-50 Step left foot in long step to left side; slide right beside left
- 51-52 Cross-step left foot over right; slide right foot to outside of left heel; with left still crossed over right, step left foot to right side.

REPEAT
