

# 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

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