

# Plain & Simple

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Moses Bourassa Jr. (USA) & Barbara Frechette (USA)  
音樂: It's Only Make Believe - Ronnie McDowell



## **SIDE SHUFFLES, CROSS ROCKS, RECOVER STEPS**

1&2      Step left to left side, step quickly with right next to left, step left to left side  
3-4      Cross rock right behind left, recover with left  
5&6      Step right to right side, step quickly with left next to right, step right to right side  
7-8      Cross rock left behind right, recover on right

## **FORWARD SHUFFLE, ROCK STEPS, RECOVER STEPS, BACKWARD SHUFFLES**

1&2      Shuffle forward left, right, left  
3-4      Rock forward on right, recover on left  
5&6      Shuffle backwards right, left, right  
7-8      Rock back on left, recover on right

## **STEP - ½ TURN TO THE RIGHT, FORWARD SHUFFLE, ROCK STEP, RECOVER, ¼ TURN TO THE RIGHT SIDE SHUFFLE**

1-2      Step forward on left, step right making ½ turn to the right  
3&4      Shuffle forward left right, left  
5-6      Rock forward on right, recover on left  
7&8      Step right making ¼ turn to the right, step left quickly next to left, step right to right side

## **ROCK STEPS, RECOVER STEPS, COASTER STEP, SHUFFLE TURNING ½ TO THE RIGHT**

1-2      Rock forward on left, recover on right  
3&4      Step back on left, step back on right, step forward on left  
5-6      Rock forward on right, recover on left  
7&8      ½ Turn to the right with right, step left next to right, step right slightly ahead of left

**REPEAT**

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