

Polyana Shuffle

拍數: 46
編舞者: Alex Cook
音樂: Unknown

牆數: 0

級數:



Position: Sweetheart Position.

- 1-2 Touch right toe behind, touch right toe to side.
- 3-4 Touch right heel forward, hook right in front of left.
- 5-6 Touch right heel forward, step right beside left.

- 7-8 Touch left toe behind, touch left toe to side.
- 9-10 Touch left heel forward, hook left in front of right.
- 11-12 Touch left heel forward, touch left beside right.
- 13-20 Shuffle forward left-right-left, right-left-right, left-right-left, right-left-right.
- 21-24 Grapevine left, touch right beside left.
- 25-28 Grapevine right, step left beside right.
- 29-30 Swivel heels to right, swivel toes to right.
- 31-32 Repeat steps 29-30.

- 33-34 Swivel toes to left, swivel heels to left.
- 35-36 Repeat steps 33-34.
- 37-38 Step forward left (release right hands & raise left), pivot $\frac{1}{2}$ turn to right.
- 39-40 Repeat steps 37-38.
- 41-46 Shuffle forward left-right-left, right-left-right, left-right-left.

REPEAT
