

Practice Makes Perfect

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Helen K. Hargnett (USA)
音樂: Easy Come, Easy Go - George Strait



ROCK STEPS, SHUFFLE TURN, ROCK STEP, SHUFFLE

1-2 Cross left foot over right rock forward into $\frac{1}{4}$ turn right, rock back on right
3&4 Turning to left shuffle left, right, left completing $\frac{1}{2}$ turn
5-6 Rock back on right foot (making 45 degrees), rock forward on left, turning to front wall
7&8 Shuffle in place right, left, right while turning $\frac{1}{2}$ to left (facing beginning wall)

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HEEL, HOOK, SHUFFLE LEFT, HEEL, HOOK, SHUFFLE RIGHT

1-2 Tap left heel forward, hitch over right knee
3&4 Shuffle forward left, right, left
5-6 Tap right heel forward, hitch over left knee
7&8 Shuffle forward right, left, right

CROSS, ROCK, CROSS, ROCK, CROSS, ROCK, SHUFFLE (TRAVELING TO THE RIGHT)

1-6 Crossing left foot over right rock forward, rock back on left-do 3 times
7&8 Shuffle in place left, right, left

CROSS, ROCK, CROSS, ROCK, CROSS, ROCK, SHUFFLE $\frac{1}{4}$ TURN (TRAVELING TO THE LEFT)

1-6 Crossing right foot over left rock forward, rock back on right-do 3 times
7&8 Shuffle right, left, right completing $\frac{1}{4}$ turn to right

STEP PIVOT SHUFFLE LEFT, STEP PIVOT SHUFFLE RIGHT

1-2 Step forward on left foot, pivot $\frac{1}{2}$ turn to right
3&4 Shuffle forward left, right, left
5-6 Step forward on right foot, pivot $\frac{1}{2}$ turn to left
7&8 Shuffle forward right, left, right

STEP, SLIDE, SHUFFLE LEFT, ROCK TURN, SHUFFLE LEFT

1-2 Step forward on left foot, slide right foot beside left
3&4 Shuffle forward left, right, left
5-6 Rock forward on right, rock back on left
7&8 Shuffle right, left, right completing $\frac{1}{2}$ turn to right

STEP, SLIDE, SHUFFLE LEFT, ROCK TURN, SHUFFLE RIGHT

1-2 Step forward on left foot, slide right foot beside left
3&4 Shuffle forward left, right, left
5-6 Rock forward on right, rock back on left
7&8 Shuffle right, left, right completing $\frac{1}{2}$ turn to right

REPEAT

