Rascal Shuffle



拍數: 40 牆數: 4 級數: Intermediate

編舞者: Levi J. Hubbard (USA) 音樂: Some Say - Rascal Flatts



This dance is dedicated to my dancing friends back at Governor's Lounge in Chattanooga, Tn. Where I first starting Linedancing, Thanks for all the support and insperation to continue dancing and doing what I love to do.. Windi thanks for bringing this dance in.

RIGHT ROCK-RECOVER, COASTER STEP

1	Step (rock) riaht foot f	orward while sligh	tlv liftina l	eft foot off floor
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Lower left foot back to floor (recover)
 Step right foot backward (on ball of) foot
 Step left foot next to right (on ball of) foot

4 Step right foot forward

5-8 Repeat above 4 counts starting with left foot

RIGHT SIDE SHUFFLE, CROSS ROCK-RECOVER

Step right foot to side
Step left foot next to right
Step right foot to side

11 Cross step left foot behind right while slightly lifting right foot off floor

12 Lower left foot back to floor

13-16 Repeat above 4 counts starting with left foot

FORWARD SHUFFLE

17	Step right foot forward
&	Step left foot next to right
18	Step right foot forward
19	Step left foot forward
&	Step right foot next to left
20	Step left foot forward

FIGURE EIGHT GRAPEVINE

21	Step right foot to the side
22	Cross step left foot behind right

23 Turning ¼ turn right, step right foot forward

Step left foot forwardPivot ½ turn right

26 Turning ¼ turn right, step left foot to the side (should be facing starting wall)

27 Cross step right foot behind left

28 Turning ¼ turn left, step left foot forward

COMPLETE TURN (LEFT)

29	Step right foot forward
30	Pivot ½ turn left
31	Step right foot forward
32	Pivot ½ turn left

FORWARD ROCK-RECOVER, TURNING TRIPLE

33 Step right foot forward while slightly lifting left foot off floor (rock)

34 Lower left foot back to floor

35&36 Turn ½ turn right (right, left, right)

TURNING TRIPLE, BACKWARD ROCK-RECOVER

37&38 Turn ½ turn right (left, right, left)

39 Step right foot backward (rock) while slightly lifting left foot off floor

40 Lower left foot back to floor

REPEAT