Redneck Shuffle

牆數: 0

編舞者: Dan Mooney (USA) & Charlotte Mooney (USA)

音樂: High-Tech Redneck - George Jones

Position: Cape (Sweetheart). Same feet

FOUR FORWARD SHUFFLES

拍數: 44

- 1&2 Shuffle forward starting on right foot
- 3&4 Shuffle forward starting on left foot
- 5&6 Shuffle forward starting on right foot
- Shuffle forward starting on left foot right kick ball change (2 times) 7&8
- Kick right foot forward, step back to place on ball of right foot and guick change weight onto 9&10 the ball of left foot
- 11&12 Kick right foot forward, step back to place on ball of right foot and quick change weight onto ball of left foot

PIVOT TURN ½ LEFT

13-14 Step forward on right foot, releasing right hands, pivot ½ turn to left & rejoin right hands. (weight is now on left foot) note: you are now facing RLOD.

RIGHT KICK BALL CHANGE (2 TIMES)

- Kick right foot forward, step back to place on ball of right foot and quick change weight onto 15&16 ball of left foot
- Kick right foot forward, step back to place on ball of right foot and guick change weight onto 17&18 ball of left foot

PIVOT TURN ½ LEFT

19-20 Step forward on right foot, releasing right hands, pivot $\frac{1}{2}$ turn to left & rejoin right hands. (weight is now on left foot)

RIGHT VINE, HITCH, LEFT VINE, HITCH

- 21-24 Step right foot to right side. Step left foot behind right foot. Step right foot to side. Hitch left leg.
- 25-28 Step left foot to left side. Step right foot behind left foot. Step left foot to left side. Hitch right leg.

STEP, HITCH, STEP, HITCH

29-32 Step forward on right foot. Hitch left leg. Step forward on left foot. Hitch right leg.

3 STEPS BACK, HITCH

33-36 Step back on right foot, step back on left, step back on right, hitch left leg.

ROCKS (HIP BUMPS) HITCH

- 37-40 Rock forward on left foot twice. Rock back on right foot twice. Note: this movement is the same as bumping your left hip forward 2 times, right hip back 2 times.
- Rock forward on left foot once. Rock back on right foot once. (again repeat the bump 41-42 movement)
- 43-44 Rock forward on left foot (bump forward), hitch right leg.

REPEAT





級數: