

Rena's Society Shuffle

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 1 級數: Intermediate
編舞者: Rena Rainbow (USA)
音樂: Bob Robert's Society Band - Jimmy Buffett



TWO HALF MONTEREY TURNS

- 1-2 Touch right toe to right side, step right next to left as you turn ½ right on ball of left foot (change weight to right)
3-4 Touch left toe to left side, step left next to right
5-8 Repeat 1-4 (except on 8: touch left next to right)

SYNCOPATED VINE LEFT, SYNCOPATED VINE RIGHT WITH ¼ TURN RIGHT

- 1-2 Step left to left, step right behind left
&3-4 Step left to left slightly back, step right over left, step left next to right
5-6 Step right to right, step left behind right
&7-8 Step right to right turning ¼ right, step left over right, step right next to left

LEFT SHUFFLE, ROCK BACK, RECOVER, RIGHT SHUFFLE, ROCK BACK ¼ LEFT, RECOVER

- 1&2 Shuffle left: left, right, left
3-4 Rock back on right, recover left
5&6 Shuffle right: right, left, right
7-8 Turn ¼ left as rock back on left, recover right

SERPENTINE SAILOR STEPS TRAVELING FORWARD - ZIG ZAG FASHION

- 1&2 Step left forward diagonally to left, cross right behind left, step left next to right
3&4 Step right forward diagonally to right, cross left behind right, step right next to left
5-8 Repeat 1-4

STEP BEND KICKS - MOVING BACK

- 1-2 Step back on left - bending knees, straightening up - kick right foot forward
3-4 Step back on right - bending knees, straightening up - kick left foot forward
5-8 Repeat 1-4

ROCKS WITH TURNS

- 1-2 Rock forward on left, rock back on right
3&4 Triple ½ turn to left: left, right, left
5-6 Rock forward on right, rock back on left
7&8 Triple ¼ turn right: right, left, right

HEELS AND CLAPS ¼ TURN RIGHT

- 1& Touch left heel forward - replace next to right
2& Touch right heel forward - replace next to left
3&4 Touch left heel forward, clap - clap
& Replace left next to right
5& Touch right heel forward - replace next to left
6& Touch left heel forward - turning 1/8 right as left steps next to right
7 Touch right heel forward turning another 1/8 turn right
8& Clap ? Clap (keep weight on left foot)

HIP BUMP WALK FORWARD

- 1?2 Step right forward angling body slightly left as bump hips forward right twice

3?4
5-8

Step left forward angling body slightly right as bump hips forward left twice
Repeat 1-4

REPEAT
