

# Rhythm & Blues

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Carmel Hutchinson (USA)  
音樂: Shot Of Rhythm & Blues - Van Morrison And Linda Gail Lewis



## BACK TOE-HEEL, SHUFFLE BACK - BACK TOE-HEEL, BACK COASTER

1-2-3&4      Touch right toe back, drop right heel down, shuffle back left-right-left  
5-6-7&8      Touch right toe back, drop right heel down, step left back, step right back next to left, step left forward

## RAMBLE LEFT-RIGHT-LEFT, RAMBLE RIGHT-LEFT-RIGHT - RAMBLE LEFT, RIGHT, LEFT, HOLD (CLAP)

1&2      Swivel heels left, swivel toes left, swivel heels left  
3&4      Swivel heels right, swivel toes right, swivel heels right  
5-6-7-8      Swivel heels left, swivel heels right, swivel heels left, hold (clap)

## SWAY FORWARD, BACK, SHUFFLE - SWAY FORWARD, BACK, SHUFFLE

1-2      Sway step right forward on an angle, sway step left back on an angle  
3&4      Shuffle forward right-left-right on an angle  
5-6      Sway step left forward on an angle, sway step right back on an angle  
7&8      Shuffle forward left-right-left on an angle

## BEHIND, POINT, BEHIND, POINT - BACK, BACK COASTER

1-2-3-4      Cross step right behind left, side point left, cross step left behind right, side point right  
5-6-7-8      Step right back, step left back, step right back next to left, step left forward

## POINT, CROSS, POINT, CROSS - JAZZ BOX IN PLACE

1-2-3-4      Side point right, cross right over left, side point left, cross left over right  
5-6-7-8      Cross right over left, step left back, side step right, step left forward

## FOUR SWAYING ¼ PIVOT TURNS LEFT

1-2-3-4      Step right forward into ¼ turn left (weight left), step right forward into ¼ turn left (weight left)  
5-6-7-8      Step right forward into ¼ turn left (weight left), step right forward into ¼ turn left (weight left)

**Styling note: sway hips as you step forward into ¼ turns & back as you shift weight left**

## TOE, ¼ TURN RIGHT, SHUFFLE - TOE, ¼ TURN RIGHT, SHUFFLE

1-2-3&4      Touch right toe slightly right, turn ¼ right on left and drop right heel, shuffle forward left-right-left  
5-6-7&8      Touch right toe slightly right, turn ¼ right on left and drop right heel, shuffle forward left-right-left

## SIDE, BACK, CROSS - SIDE, BACK, CROSS - HEEL GRIND, SHUFFLE LEFT-RIGHT-LEFT

1&2      Side step right, step left back, cross step right over left  
3&4      Side step left, step right back, cross step left over right  
5-6      Touch right heel forward (point toes left to 10:00), grind heel & twist foot to right (bring toes down)  
7&8      Shuffle forward left-right-left

## REPEAT

## RESTART

During the 4th repetition (you will be facing the back wall) drop the last 16 counts and restart the dance after

the four swaying  $\frac{1}{4}$  pivot turns left.

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