

Ribdale Shuffle

拍數: 48 牆數: 0 級數:
編舞者: Norma Morrison & Bill Morrison
音樂: Any Medium Shuffle/Polka Tempo



Position: Side By Side Position (Sweetheart)

DIAGONAL STEP TOUCHES

- 1-2 Step left foot forward diagonally to left, touch right foot beside left foot
- 3-4 Step right foot back diagonally to right, touch left foot beside right foot
- 5-6 Step left foot back diagonally to left, touch right foot beside left foot
- 7-8 Step right foot forward diagonally to right, step left foot beside right foot

- 9-10 Step right foot forward diagonally to right, touch left foot beside right foot
- 11-12 Step left foot back diagonally to left, touch right foot beside left foot
- 13-14 Step right foot back diagonally to right, touch left foot beside right foot
- 15-16 Step left foot forward diagonally to left, step right foot beside left foot

HEEL SPLITS

- 17-20 Heels out, heels together, twice

HEEL FORWARD, HOOK, HEEL FORWARD, TOGETHER

- 21-22 Touch right heel forward, hook right foot in front of left leg
- 23-24 Touch right heel forward, step right foot beside left

HEEL SPLITS

- 25-28 Heels out, heels together, twice

HEEL FORWARD, HOOK, HEEL FORWARD, TOUCH

- 29-30 Touch left heel forward, hook left foot in front of right leg
- 31-32 Touch left heel forward, touch left foot beside right

LEFT STROLL FORWARD, SCUFF, RIGHT STROLL FORWARD, SCUFF

- 33-34 Step left foot forward diagonally to left, slide right foot up behind and to the left of left foot
- 35-36 Step left foot forward diagonally to left, scuff right foot forward
- 37-38 Step right foot forward diagonally to right, slide left foot up behind right and to right of right foot
- 39-40 Step right foot forward diagonally to right, scuff left foot forward

SHUFFLES

- 41&42 Shuffle forward on left, right, left
- 43&44 Shuffle forward on right, left, right
- 45-48 Repeat last 4 counts

REPEAT

LINE DANCE ADAPTATION

Replace shuffles with:

- 41-42 Step left foot forward, step right foot beside left
- 43-44 Step left foot ¼ turn to left, hitch right knee
- 45-46 Step right foot back, step left foot back
- 47-48 Step right foot back, touch left foot back

