

River Shuffle

拍數: 64 牆數: 1 級數: Improver
編舞者: Arabelle Finney (USA)
音樂: Dance Above the Rainbow - Ronan Hardiman



As you shuffle forward and back and also as you weave left, right and shuffle, place hands on hips, with hands spread and thumbs in back

FOUR SHUFFLE STEPS FORWARD

Hands on hips. Pretend to walk a tightrope

1-8 Shuffle forward right, left, right, left, right, left, right, left and left, right, left

FOUR SHUFFLE STEPS BACKWARD

Hands on hips.

9-16 Turn $\frac{1}{4}$ turn to the right, shuffle right, left, right, turn $\frac{1}{2}$ turn to the left, shuffle left, right, left, turn $\frac{1}{2}$ turn to the right, shuffle right, left, right, turn $\frac{1}{4}$ turn to the left, shuffle, left, right, left

SIDE BEHIND, SIDE BEHIND, SIDE BEHIND, SHUFFLE

Left hand on left hip

17 Step right foot to right side while extending right hand to the right with palm out
18 Step left foot behind the right foot as you bend both knees, retract right hand back to right shoulder
19 Step right foot to right side while extending right hand to the right with palm out
20 Step left foot behind the right foot, as you bend both knees, retract right hand back to right shoulder
21 Step right foot to right side while extending right hand to the right with palm out
22 Step left foot behind the right foot as you bend both knees, place right hand on right hip
23-24 Shuffle right, left, right

SIDE BEHIND, SIDE BEHIND, SIDE BEHIND, SHUFFLE

Right hand on right hip

25 Step left foot to left side while extending left hand to the left with palm out
26 Step right foot behind the left foot as you bend both knees, retract left hand back to left shoulder
27 Step left foot to left side while extending left hand to the left with palm out
28 Step right foot behind left foot as you bend both knees, retract left hand back to left shoulder
29 Step left foot to left side while extending left hand to the left with palm out
30 Step right foot behind left foot as you bend both knees, retract left hand back to left hip
31-32 Shuffle left, right, left

$\frac{1}{4}$ TURN PADDLE STEP, $\frac{1}{4}$ TURN PADDLE STEP, $\frac{1}{4}$ TURN PADDLE STEP SHUFFLE

Left hand on left hip

33 Step forward on right foot while extending right hand to the right with palm out
34 Pivot on left foot $\frac{1}{4}$ turn left, retract right hand to right shoulder
35 Step forward on right foot, while extending right hand to the right with palm out
36 Pivot on left foot $\frac{1}{4}$ turn left, retract right hand to right shoulder
37 Step forward on right foot while extending right hand to the right with palm out
38 Pivot on left foot $\frac{1}{4}$ turn left, retract right hand to right hip
39&40 Shuffle right, left, right

$\frac{1}{4}$ TURN PADDLE STEP, $\frac{1}{4}$ TURN PADDLE STEP, $\frac{1}{4}$ TURN PADDLE STEP SHUFFLE

Right hand on right hip

41 Step forward on left foot while extending left hand to the left with palm out
42 Pivot on right foot $\frac{1}{4}$ turn right, retract left hand to left shoulder

- 43 Step forward on left foot while extending left hand to the left with palm out
44 Pivot on right foot ¼ turn right, retract left hand to left shoulder
45 Step forward on left foot while extending left hand to the left with palm out
46 Pivot on right foot ¼ turn right, retract left hand to left hip
47&48 Shuffle left, right, left

6 COUNT WEAVE LEFT, SHUFFLE

Hands on hips

- 49-54 Cross step right over left, step left to left side, cross step right behind left, step left to left side,
cross step right over left, step left to left side
55&56 Shuffle right, left, right

6 COUNT WEAVE RIGHT, SHUFFLE

Hands on hips

- 57-62 Cross step left over right, step right to right side, cross step left foot behind right, step right to
right side, cross step left over right, step right foot to right side
63&64 Shuffle left, right, left

REPEAT
