

Roccabeen Shuffle

拍數: 48 牆數: 4 級數: Improver
編舞者: Dave Gillett (UK) & Lynne Gillett (UK)
音樂: Having Too Much Fun - The Bellamy Brothers



STOMP/SCUFF

- 1 Stomp right forward
- 2 Scuff left outwards in small circle

SAILOR STEP/COASTER STEP/ ¼ TURN RIGHT

- 3&4 Cross left behind right, step right to right side, step left in place
- 5 On ball of left pivot ¼ turn right stepping back on right
- & Step left beside right
- 6 Step right forward

STEP/SCUFF

- 7 Step left forward
- 8 Scuff right outwards in small circle

CHASSE RIGHT/ROCK/CHASSE LEFT/ROCK

- 9&10 Step right to right side, step left beside right, step right to right side
- 11 Rock back on left
- 12 Rock forward on right
- 13&14 Step left to left side, step right beside left, step left to left side
- 15 Rock back on right
- 16 Rock forward on left

RIGHT SHUFFLE/ ½ TURN

- 17&18 Step right forward, close left beside right, step right forward
- 19 Step left forward pivot right ½ turn
- 20 Step right forward

LEFT SHUFFLE/ ½ TURN

- 21&22 Step left forward, close right beside left, step left forward
- 23 Step right forward pivot ½ turn left
- 24 Step left forward

RIGHT TOE HEEL/LEFT TOE HEEL STRUT

- 25 Step right toe forward
- 26 Drop right heel
- 27 Step left toe forward
- 28 Drop left heel

As you strut forward put arms out to the sides and shimmy! ...or just snap your fingers in style.

HEEL SWITCHES/ ¼ TURN

- 29&30 Touch right heel forward, step right beside left, touch left heel forward
- &31 Step left beside right, rock forward right & pivot ¼ turn left
- 32 Rock weight on to left

ROCK/ ¾ TURN/ROCK/COASTER STEP

- 33 Step forward right
- 34 Rock back left pivot ¼ turn right

35&36 Step right ¼ turn right, close left beside right, step right ¼ turn right
37 Rock forward left
38 Rock back right
39&40 Step left back, step right beside left, step left forward

MAMBO ROCKS/ STEP SLIDE STOMP

41&42 Step right, rock left, step right beside left
43&44 Step left, rock right, step left beside right

Arms out to the sides & shimmy...limbo style if you like!

45 Large step right to right
46-47 Slide left up to right
48 Stomp left beside right

REPEAT
