

Rolf Shuffle

拍數: 48 牆數: 4 級數: Improver
編舞者: Robert Walker (UK)
音樂: Fine Day - Rolf Harris



JUMP FORWARD & BACK WITH RIGHT & LEFT SHUFFLES

1&2 Jump forward right & left & clap
3&4 Jump back left then right & clap
5&6 Shuffle forward right, (right, left, right)
7&8 Shuffle forward left, (left, right, left)
9-16 Repeat steps 1-8

ROCK STEP WITH A 1 ½ TURN TO THE RIGHT WITH A RIGHT SHUFFLE

17-18 Rock forward onto right foot, rock back onto left foot
19 Step back onto right foot turning ½ turn to the right
20 Step left foot forward turning ½ turn right
21&22 On the ball of the left foot turn ½ turn ending with a right shuffle

ROCK STEP & RIGHT COASTER STEP, ¼ TURN LEFT

23&24 Rock forward onto left foot, back onto right foot
25&26 Step back on left foot, step back on right foot, step forward on left foot
27&28 Step forward onto right foot, ¼ turn to the left

STEP HOOKS, BEHIND RIGHT & LEFT & CLICKS

29& Hook left behind right & click fingers step left to left side
30& Hook right behind left & click fingers, step right to right side
31& Hook left behind right & click fingers step left to left side
32& Hook right behind left & click fingers step right to right side

ROLLING VINES WITH TOE TOUCHES

33&34 Step right ¼ turn, stepping left ¼ turn
35&36 Stepping right ½ turn, touch left toe next to right foot
37-40 Repeat rolling vine to the left, touching right foot next to left

ROCK STEP ½ TURN RIGHT, LEFT ROCK & LEFT COASTER STEP

41&42 Rock forward onto right foot, rock back onto left foot
43&44 Turn ½ turn to the right cha-cha-cha, on the spot (right, left, right)
45&46 Rock forward onto left foot, rock back onto right foot
47&48 Step back onto left foot, step back onto right foot, step forward onto left foot

REPEAT
