

Rueben

拍數: 64 牆數: 4 級數: Improver
編舞者: Ray Hodson (UK)
音樂: Rueben - Joe Brown



HEEL HOOK, HEEL FLICK, FORWARD SHUFFLE, HEEL FLICK, HEEL HOOK, FORWARD SHUFFLE

1&2& Touch right heel forward, hook right, touch right heel forward, flick right foot to right side
3&4 Shuffle forward right, left, right
5&6& Touch left heel forward, flick left foot to left side, touch left heel forward, hook left
7&8 Shuffle forward left, right, left

ROCK STEP, SHUFFLE ½ TURN, FORWARD SHUFFLE, ROCK STEP, STEP

1-2 Rock forward right, step back left
3&4 ½ turn right, shuffling right, left, right
5&6 Shuffle forward left right left
7-8& Rock forward right, step back left, step right together

ROCK STEP, SHUFFLE ½ TURN, FORWARD SHUFFLE, STEP, TOGETHER

1-2 Rock forward left, step back right
3&4 ½ turn left, shuffling left, right, left
5&6 Shuffle forward right left right
7-8 Walk forward left, step together right

SIDE SHUFFLE LEFT, BACK ROCK, ¼ - ½ TURN SHUFFLE

1&2 Left side shuffle stepping left, right, left
3-4 Rock back on right, recover forward on left
5-6 Turn ¼ left stepping back on right, turn ½ left stepping forward on left
7&8 Right forward shuffle stepping right, left, right

HEEL HOOK, HEEL FLICK, FORWARD SHUFFLE, HEEL FLICK, HEEL HOOK, FORWARD SHUFFLE

1&2& Touch left heel forward, hook left, touch left heel forward, flick left foot to left side
3&4 Shuffle forward left right left
5&6& Touch right heel forward, flick right foot to right side, touch right heel forward, hook right
7&8 Shuffle forward right, left, right

ROCK STEP, SHUFFLE ½ TURN, FORWARD SHUFFLE, ROCK STEP, STEP

1-2 Rock forward left, step back right
3&4 ½ turn left, shuffling left, right, left
5&6 Shuffle forward right, left, right
7-8& Rock forward left, step back right, step left together

ROCK STEP, SHUFFLE ½ TURN, FORWARD SHUFFLE, STEP, TOGETHER

1-2 Rock forward right, step back left
3&4 ½ turn right, shuffling right, left, right
5&6 Shuffle forward left, right, left
7-8 Walk forward right, step together left

SIDE SHUFFLE RIGHT, BACK ROCK, ¼, ¼ TURN SHUFFLE

1&2 Right side shuffle stepping right, left, right
3-4 Rock back on left, recover forward on right
5-6 Turn ¼ right stepping back on left, turn ¼ right stepping forward on right

7&8

Left forward shuffle stepping left, right, left

REPEAT
