

Ruff

拍數: 32 牆數: 4 級數: Improver
編舞者: Dan Pye (USA) & Jan Pye (USA)
音樂: Rough & Ready - Trace Adkins



WALK FORWARD, KICK & CLAP

1-2-3-4 Walk forward right, left, right kick left forward & clap

SHUFFLE BACK, 2 TURNING SHUFFLES, ROCK

5&6 Shuffle backward left, right, left

7&8 Keep going in same direction: ½ turn right, shuffling right, left, right (6:00)

1&2 Same direction: ½ turn right, shuffling left, right, left (12:00)

3-4 Rock back on right, recover on left

SHUFFLE RIGHT, ROCK, SHUFFLE LEFT, ROCK

5&6-7-8 Shuffle to right side: right, left, right rock back left, recover right

1&2-3-4 Shuffle to left side: left, right, left rock back right, recover left

KICK BALL CHANGES (2X)

5&6-7&8 Right kick ball change, right kick ball change

PROGRESSIVE RIGHT GRAPEVINE, ¼ TURN LEFT

1-2-3-4 Step right to right side, left behind right, right to right side, left over right

5 ¼ turn left stepping back on right

COASTER STEP (SINGLE COUNT)

6-7-8 Step back on left, back on right, forward on left

REPEAT
