

Rydell Shuffle

拍數: 32 牆數: 4 級數: Improver
編舞者: Knox Rhine (USA)
音樂: You're the One That I Want - John Travolta & Olivia Newton-John



SHUFFLE, FORWARD, LOCK SHUFFLE, BACK LOCK SHUFFLE, SIDE COASTER

- 1 Step forward with right foot
- & Step left foot next to right foot
- 2 Step forward with right foot
- 3 Step forward-left with left foot
- & Lock-step right foot up behind left foot
- 4 Step forward-left with left foot
- 5 Step back right with right foot
- 6 Step back right with right foot
- 7 Step back left with left foot
- & Step right foot across in front of left foot
- 8 Step forward with left foot

HIP-STEP, HOLD, HIP-¼ TURN, HOLD, HIP SWITCHES

- 9 Step forward with right foot moving both hips forward
- 10 Hold
- 11 Rock back ¼ turn left onto left foot, moving hips to left
- 12 Hold
- 13 Move hips to right side
- & Move hips to left side
- 14 Move hips to right side
- & Move hips to left side
- 15 Move hips to right side
- & Move hips to left side
- 16 Move hips to right side
- & Move hips to left side

KICK, KICK, KICK-BALL-TURN

- 17 Kick right foot forward-left across left leg
- 18 Kick right foot forward
- 19 Kick right foot forward-right
- & Step right toe/ball next to left foot
- 20 Pivoting on ball of right foot, finish ¼ turn right stepping left foot next to right foot

KICK, KICK, KICK-BALL-TURN

- 21 Kick right foot forward-left across left leg
- 22 Kick right foot forward
- 23 Kick right foot forward-right
- & Step right toe/ball next to left foot
- 24 Pivoting on ball of right foot, finish ¼ turn right stepping left foot next to right foot

STEP, HOLD, PIVOT, HOLD, OUT, OUT, IN, IN

- 25 Step forward with right toe/ball
- 26 Hold
- 27 Pivot ½ turn left on ball of left foot
- 28 Hold

- 29 Forward circle right toe out to right side
- 30 Forward circle left toe out to left side
- 31 Forward circle right toe to center
- 32 Forward circle left toe to center

REPEAT

When using "You're the One That I Want", there is a 12 count tag, done once after wall 3

STEP, BOUNCE, BOUNCE, BOUNCE

- 1 Step forward with right foot
- & Lift both heels
- 2 Bounce both heels and start a ½ turn left
- & Lift both heels
- 3 Bounce both heels continuing ½ turn left
- & Lift both heels
- 4 Bounce both heels completing ½ turn left

KICK-BALL-POINT, ¼ MONTEREY

- 5 Kick right foot forward
- & Step right foot next to left foot
- 6 Touch left toe to left side
- 7 Pivot ¼ turn left on ball of right foot
- 8 Touch right toe to right side

KICK-BALL-POINT, ¼ MONTEREY

- 9 Kick right foot forward
 - & Step right foot next to left foot
 - 10 Touch left toe to left side
 - 11 Pivot ¼ turn left on ball of right foot, place left foot next to right foot
 - 12 Touch right toe to right side
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