

Scotia Shuffle

拍數: 32 牆數: 2 級數: Intermediate contra dance
編舞者: Durline Melanson (CAN)
音樂: Who's Cheatin' Who - Alan Jackson



SIDE STEP, CROSS, SIDE SHUFFLE RIGHT

- 1 Step to the right on right foot
- 2 Cross left foot behind right and step
- 3&4 Shuffle sideways to the right (right, left, right)

ROLLING TURN TO THE LEFT, SIDE SHUFFLE LEFT

- 5 Step to the left on left foot and begin a full turn to the left traveling to the left
- 6 Step on right foot and complete full turn to the left
- 7&8 Shuffle sideways to the left (left, right, left)

CROSS ROCK, SIDE SHUFFLE RIGHT

- 9 Cross right foot over left and step while turning body diagonally to the left
- 10 Rock back onto left foot
- 11&12 Turn body forward and shuffle sideways to the right (right, left, right)

CROSS ROCK, SIDE SHUFFLE LEFT

- 13 Cross left foot over right and step while turning body diagonally to the right
- 14 Rock back onto right foot
- 15&16 Turn body forward and shuffle sideways to the left (left, right, left)

MILITARY PIVOT TO THE LEFT, SHUFFLE FORWARD

- 17 Step forward on right foot
- 18 Pivot ½ turn to the left on ball of right foot and shift weight to left foot
- 19&20 Shuffle forward (right, left, right)

MILITARY PIVOT TO THE RIGHT, SHUFFLE FORWARD

- 21 Step forward on left foot
- 22 Pivot ½ turn to the right on ball of left foot and shift weight to right foot
- 23&24 Shuffle forward (left, Right, left)

WALK FORWARD, SHUFFLES, TURN

Lines switch sides in this section

- 25 Walk forward on right foot
- 26 Walk forward on left foot
- 27&28 Shuffle forward (right, left, right) while passing opposing line
- 29 Walk forward on left foot
- 30 Walk forward on right foot
- 31&32 Shuffle (left, right, left) making a ½ turn to the left

REPEAT
