

747 (Chicago Shuffle)

拍數: 48 牆數: 4 級數: Advanced
編舞者: John Robinson (USA)
音樂: Deep River Blues - The GrooveGrass Boyz



APPLEJACKS LEFT & RIGHT & KICK RIGHT & LEFT, TOE SPLIT, HEEL SPLIT, CLAP 3X

Start with feet slightly apart

- 1&2& With weight on left heel/right toe, swivel left toe/right heel left so feet make a "V", return home; switch weight to right heel/left toe and swivel left heel/right toe right, return home placing weight on left
- 3&4& Right small kick forward, right step home, left small kick forward, left step home
- 5&6& Swivel toes apart, return home; switch weight to toes/swivel heels apart, return home
- 7&8 Transfer weight to left foot, hold position/clap three times

RIGHT SIDE SHUFFLE, STOMP-KICK-CROSS, LEFT FORWARD SHUFFLE, RIGHT TOUCH, HIP SHAKE RIGHT

- 1&2 Right side step, left step next to right, right side step
- 3&4 Left stomp next to right keeping weight on right, left small kick forward, left hook across right shin, tapping toe to right side of right foot
- 5&6 Step left forward, right step forward to left heel in 3rd position, step left forward
- &7&8 Right touch next to left, quickly bump hips right-left-right, ending with weight on right

STOMP-KICK-CROSS, LEFT ANGLED SHUFFLE, PADDLE TURN WITH SYNCOPATED ENDING

- 1&2 Left stomp next to right keeping weight on right, left small kick forward, left hook across right shin, tapping toe to right side of right foot
- 3&4 Left step forward at 45deg angle left, right step forward instep to left heel, left step forward at 45 degrees angle left
- 5&6& Pivot ¼ left while touching right toe out, hitch right knee; pivot ¼ left while touching right toe out, hitch right knee
- 7&8 Pivot ¼ left while tapping right toe out, pivot ¼ left while tapping right toe out, touch right toe next to left

STEP BACK, SLIDE & CROSS, TOUCH, STEP BACK, SLIDE & CROSS, TOUCH

- 1-2 Right step back at 45deg angle right; left slide back next to right, keeping weight on right
- &3-4 Left step slightly back on ball of foot, right step across left, left touch next to right
- 5-6 Left step back at 45deg angle left; right slide back next to left, keeping weight on left
- &7-8 Right step slightly back on ball of foot, left step across right, right touch next to left

SYNCOPATED HEEL-TOE-HEEL SWIVELS, SIDE POINTS, CROSS, UNWIND ½ LEFT

On the next four counts, right foot will swivel to right side, then left foot will follow

- 1&2 Right heel swivel right, right toe swivel right, right heel swivel right with weight
- 3&4 Left heel swivel right, left toe swivel right, left heel swivel right
- 5&6 Left toe point side left, left step home right toe point side right
- 7-8 Right cross over left; pivot ½ left ending with weight on right

KICK & POINT, SYNCOPATED TAPS IN, REVERSE ½ PIVOT, ¼ PIVOT RIGHT

- 1&2 Left kick forward, left step home, right toe point side right
- 3&4 Right toe tap side right, right tap, moving in closer to left foot, right tap next to left
- 5-6 Right toe touch back; pivot ½ right, shifting weight forward to right foot
- 7-8 Left step forward; pivot ¼ right with weight even and feet apart ready to start again

REPEAT

