

Sha-La Shuffle

拍數: 0 牆數: 1 級數: Improver
編舞者: Christina Walker (UK)
音樂: Shalala Lala - Vengaboys



Sequence: ABC ABB B to end

PART A

RIGHT & LEFT BACK SHUFFLES, KICK BALL POINT, CROSS, ½ UNWIND

1&2 Step back on right, close left beside right, step back right
3&4 Step back on left, close right beside left, step back left
5&6 Kick right foot forward, step down on ball of right and point left to left side
7&8 Cross left over right and unwind ½ turn over right shoulder

RIGHT & LEFT SAILOR STEPS, RIGHT & LEFT FORWARD SHUFFLES

9&10 Cross right behind left, step left to left side, step right in place
11&12 Cross left behind right, step right to right side, step left in place
13&14 Step forward right, close left beside right, step forward right
15&16 Step forward left, close right beside left, step forward left

RIGHT HEEL BALL CROSS TWICE, ROCK RIGHT, RIGHT CROSS SHUFFLE

17&18 Step right heel forward, step right in place and cross left over right
19&20 Step right heel forward, step right in place and cross left over right
21&22 Rock onto right side, back onto left
23&24 Cross step right over left, step left to left side, cross step right over left

LEFT HEEL BALL CROSS TWICE, ROCK LEFT, LEFT CROSS SHUFFLE

25&26 Step left heel forward, step left in place and cross right over left
27&28 Step left heel forward, step left in place and cross right over left
29&30 Rock onto left side, back onto right
31&32 Cross step left over right, step right to right side, cross step left over right
33-64 Repeat above steps

PART B

FULL TURN RIGHT, SLAP, SLAP, CLAP

1-3 Step ¼ turn on right foot, step ¼ turn left on left foot, step ½ turn right on right foot
4&5 Slap right thigh with right hand, slap left thigh with left hand, clap

ROCK FORWARD LEFT, BACK RIGHT, FORWARD LEFT, ROCK FORWARD RIGHT, BACK LEFT, FORWARD RIGHT, SCUFF, WALK BACK

6-8 Rock forward on left foot, back on right, rock forward on left
9-11 Rock forward on right foot, back on left, rock forward on right
12-16 Scuff left foot forward, walk back left, right, left, right

FULL TURN LEFT, SLAP, SLAP, CLAP

17-19 Step ¼ turn left, step ¼ turn right on right foot, step ½ turn left on left foot
20&21 Slap left thigh with left hand, slap right thigh with right hand, clap

ROCK FORWARD RIGHT, BACK LEFT, FORWARD RIGHT, ROCK FORWARD LEFT, BACK RIGHT, FORWARD LEFT, SCUFF, WALK BACK

22-24 Rock forward on right foot, back on left, rock forward on right
25-27 Rock forward on left foot, back on right, rock forward on left

28-32 Scuff right foot forward, walk back right, left, right, left

33-64 Repeat steps 1-32 of Part B

PART C

JUMPING JACKS, ½ UNWIND, CLAP, CLAP

1-2 Jump feet apart, jump feet together crossing right in front of left

3-4 Jump feet apart, jump feet together crossing right behind left

5-6 Jump feet apart, jump feet together crossing right in front of left

7&8 Unwind ½ turn over left shoulder, clap, clap

9-16 Repeat above steps

ALTERNATIVE STEPS TO SECTION C

1-2 Point right to right side, point right in front of left

3-4 Point right to right side, touch right behind left

5-6 Point right to right side, cross right in front of left

7&8 Unwind ½ turn over left shoulder, clap, clap

9-16 Repeat above steps
