

The Sheri Shuffle

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Sheri Gay (CAN)
音樂: Same Thing Happened to Me - John Prine



SHUFFLE LEFT & ROCK BACK

1&2 Left foot side, right foot together, left foot side
3-4 Right foot back, left foot replace weight on the spot

SHUFFLE RIGHT & ROCK BACK

5&6 Right foot side, left foot together, right foot side
7-8 Left foot back, right foot replace weight on the spot

FORWARD TOE-HEEL STRUTS

1-2 Left foot tap toe forward, left foot step heel down
3-4 Right foot tap toe forward, right foot step heel down
5-8 Repeat previous steps 1-4

FORWARD & BACK SHUFFLES WITH ROCK STEPS

1-2 Left foot forward, right foot replace weight on the spot
3&4 Left foot back, right foot together, left foot back
5-6 Right foot back, left foot replace weight on the spot
7&8 Right foot forward, left foot together, right foot forward

VINE LEFT WITH ¼ TURN LEFT VINE RIGHT

1-4 Left foot side, right foot cross behind left, left foot side turning body ¼ left, right foot scuff heel together & clap hands
5-8 Right foot side, left foot cross behind right, right foot side, left foot scuff heel together & clap hands

MEXICAN HAT DANCE LEFT THEN RIGHT

1&2& Left foot heel tap forward, left foot together, right foot heel tap forward, right foot together
3-4 Left foot heel tap forward twice
&5 Left foot together, right foot heel tap forward,
&6 Right foot together, left foot heel tap forward
&7-8 Left foot together, right foot heel tap forward twice

JAZZ BOX RIGHT THEN LEFT

1-4 Right foot cross over left, left foot back, right foot side, left foot scuff together
5-8 Left foot cross over right, right foot back, left foot side, right foot scuff together

SIDE SHIMMIES RIGHT THEN LEFT

1-4 Right foot steps side, shimmy shoulders while slowly transferring weight, left foot together & clap on 4th beat
5-8 Repeat previous steps 1-4
1-4 Left foot steps side, shimmy shoulders while slowly transferring weight, right foot together & clap on 4th beat
5-8 Repeat previous steps 1-4

REPEAT

Shoulder shimmies may be substituted for hip rolls or thrusts, body rolls or whatever you can make up.
Enjoy!!

