

# Sho-Me Shuffle

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Harold R. Glenn (USA) & Margaret Glenn (USA)  
音樂: Two Good Reasons - Kenny Rogers



## SWIVETS, STEP- PIVOT LEFT, STOMP, CLAP

- 1            On the heel of right foot and ball of left foot, swivel right toe to the right and left heel to the left
- 2            Bring feet back together
- 3-4        Repeat counts 1-2
- 5            Step forward on right foot and pivot ½ turn to the left on ball of foot
- 6            Shift weight forward to left foot
- 7            Stomp right foot slightly forward
- 8            Clap hands (feet are apart with right foot slightly forward)

## HIP BUMPS, HIP ROLLS, BACKWARD SHUFFLES

- 9-10       Bump right hip forward twice
- 11-12     Bump left hip backward twice
- 13        Roll hips forward and down
- 14        Roll hips backward and up
- 15-16     Repeat counts 13-14 (weight ends up on left foot)
- 17&18     Shuffle backward (right, left, right)
- 19&20     Shuffle backward (left, right, left)

## DIAGONAL STEP-SLIDES, SIDE SHUFFLE

- 21        Step forward and diagonally right on right foot
- 22        Slide left foot up next to right and step
- 23        Step forward and diagonally right on right foot
- 24        Touch left foot next to right instep (left foot brush forward is optional here)
- 25        Step forward and diagonally left on left foot
- 26        Slide right foot up next to left and step
- 27        Step forward and diagonally left on left foot
- 28        Touch right foot next to left instep (right foot brush forward is optional here)
- 29&30     Shuffle sideways to the right (right, left, right)

## CROSS ROCKS, SIDE SHUFFLE, CROSS HEEL DIGS

- 31        Cross left foot over in front of right and rock onto left foot
- 32        Rock back on right foot
- 33&34     Shuffle sideways to the left (left, right, left)
- 35        Cross right foot in front of left toe and put weight onto right heel
- 36        Step to the left on left foot (as you step left, your right toe will fan slightly to the right)
- 37-38     Repeat counts 35-36
- 39-40     Repeat counts 35-36

## KICK-BALL CHANGES, MILITARY TURN LEFT, STOMP, STOMP

- 41        Kick right foot forward
- &        Step on ball of right foot next to left
- 42        Step left foot next to right
- 43&44     Repeat counts 41&42
- 45        Step forward on right foot and pivot ¼ turn to the left on ball of foot
- 46        Shift weight forward to left foot
- 47        Stomp right foot next to left

48

Stomp left foot shoulder width apart begin again

**REPEAT**

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