

Shortening Bread

拍數: 32 牆數: 2 級數:
編舞者: Joe Lazano & The CLC Kickers
音樂: Shortenin' Bread - The Tractors



DIAMOND TOE TOUCHES, KICK STEP TOUCHES, ½ DIAMOND TOE TOUCHES

1-3 Touch right toe to right side, touch right toe to front, touch right toe to right side
&4 Slight jump right foot to place, while extending left foot to left side
&5 Slight jump left foot to place, while extending right foot to right side
&6 Slight jump right foot to place, while extending left foot to left side
7-8 Touch left toe to front, touch left toe to left side

SAILOR SHUFFLES, ROCK STEP, COASTER STEP

1&2 Left sailor shuffle
3&4 Right sailor shuffle
5-6 Rock forward on left foot, rock back to place on right foot
7&8 Left coaster step

ROCK STEP, SHUFFLE STEPS, ROCK STEP

1-2 Rock back on right foot (as you rock back, extend arms and scream), rock forward on left foot
3&4 Shuffle forward with right foot
5&6 Shuffle forward with left foot
7-8 Rock forward on right foot, rock back to place on left foot

MONTEREY TURN, TOE STRUTS

1-2 Extend right foot to right side, while sweeping ½ turn right bring feet together
3-4 Extend left toe to left side, step left foot next to right foot
5-8 Right toe heel strut, left toe heel strut

REPEAT
