

# Shortenin' Bread

拍數: 0                      牆數: 4                      級數: Intermediate  
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音樂: Shortenin' Bread - The Tractors



Sequence: AAAA, B, AA, B, AAAA

## PART A

### LINDY RIGHT, ROCK STEP, SAILORS FRONT & BACK

1&2                      Shuffle side right, left, right  
3-4                      Rock back left, recover weight on right  
5&6                      Cross left over right, step side right, step left in place  
7&8                      Cross right behind left, step side left, step right in place

### LINDY LEFT, ROCK STEP, SAILORS FRONT & BACK

9&10                      Shuffle side left, right, left  
11-12                      Rock back right, recover weight on left  
13&14                      Cross right over left, step side left, step right in place  
15&16                      Cross left behind right, step side right, step left in place

### SWIVELS, ½ PUMP TURN

17-20                      Swivel on balls of feet angling body right, left, right, left (this is like skating in place)  
&21                      Hitch right knee up, then pivot 1/8 turn left on ball of left while forcing right toe down  
&22                      Hitch right knee, pivot 1/8  
&23                      Hitch right knee, pivot 1/8  
&24                      Hitch right knee, pivot 1/8

### TOE, HEEL, CROSS, TOE, HEEL, CROSS, ROCK, TURN

25                      Touch right toe next to left (toe is turned in)  
26                      Touch right heel next to left (toe is turned out)  
27                      Cross right over left  
28                      Touch left toe next to right (toe is turned in)  
29                      Touch left heel next to right (toe is turned out)  
30                      Cross left over right  
31                      Rock back right  
32                      Step left ¼ turn to left

## PART B

### TAP STEPS, ROCK STEP, TURNING TRIPLE

1-2                      Tap right toe in place, step right in place  
3-4                      Tap left toe in place, step left in place  
5-6                      Rock back right, recover weight on left  
7&8                      Step in place right, left, right while turning ½ turn to left

### TAP STEPS, ROCK STEP, TURNING TRIPLE

9-10                      Tap left toe in place, step left in place  
11-12                      Tap right toe in place, step right in place  
13-14                      Rock back left, recover weight on right  
15&16                      Step in place left, right, left while turning ½ turn to right

### STEP, HOLD, ROCK STEP TWICE

17-18                      Step side right, hold

19-20 Rock back left, recover weight on right  
21-22 Step side left, hold  
23-24 Rock back right, recover weight on left

**SIDE, HOLD, TOGETHER, SIDE, TOUCH, FULL TURN LEFT, TOUCH**

25-26 Step side right, hold  
&27 Step left together, step side right  
28 Touch left next to right  
29-30 Step ¼ turn left, pivot ¼ turn left on ball of left stepping side right

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