

Shuffles Galore

拍數: 32 牆數: 1 級數: Beginner
編舞者: Trish Bain (UK)
音樂: Follow Me - Uncle Kracker



RIGHT SHUFFLE FORWARD, ROCK FORWARD ON LEFT, ROCK BACK ON RIGHT

1&2 Step forward right, close left beside right, step forward right
3-4 Rock forward on left foot, rock back on right foot

LEFT SHUFFLE BACK, ROCK BACK ON RIGHT, ROCK FORWARD ON LEFT

5&6 Step back left, close right beside left, step back left
7-8 Rock back on right foot, rock forward on left foot

TOE STRUTS FORWARD, RIGHT, LEFT, RIGHT, LEFT

9-10 Step forward on ball of right foot, drop right heel
11-12 Step forward on ball of left foot, drop left heel
13-14 Step forward on ball of right foot, drop right heel
15-16 Step forward on ball of left foot, drop left heel

SIDE SHUFFLES TO RIGHT WITH FORWARD ROCKS

17&18 Step to right side with right, close left beside right, step to right side with right
19-20 Rock forward on left foot, rock back on right foot

SIDE SHUFFLES TO LEFT WITH FORWARD ROCKS

21&22 Step to left side with left, close right beside left, step to left side with left
23-24 Rock forward on right foot, rock back on left foot

TOE STRUTS BACK, RIGHT, LEFT, RIGHT, LEFT

25-26 Step back on ball of right foot, drop right heel
27-28 Step back on ball of left foot, drop left heel
29-30 Step back on ball of right foot, drop right heel
31-32 Step back on ball of left foot, drop left heel

REPEAT
