

# The Shuttle

拍數: 64      牆數: 0      級數:  
編舞者: Justine Shuttleworth (AUS)  
音樂: The Losing Side of Me - The Mavericks



- 1-4            Moving forward: right kick ball change, touch right toe forward, place right heel down  
5-8            Repeat using left kick ball change, toe heel  
9-12          Repeat using right kick ball change, toe heel  
13-16        Touch left toe forward, place left heel down, touch right toe forward, place right heel down
- 17-20        Jump forward on both feet, slap both thighs, bounce on both heels twice  
21-24        Heel splits, heel splits  
25-28        Step to right on right, tap left next to right, repeat to left  
29-30        Turning ½ turn to right, step on right, step left together  
31&32        Hold for one beat, step right, left (quickly in place) ending with weight on left
- 33-40        Rock forward on right heel, rock back on left, touch right back, turn half turn to right on right, then repeat  
41-44        Rock forward on right heel, rock back on left, rock back on right, rock forward on left  
45-48        Right heel/toe strut forward, left heel/toe strut forward  
49-54        Moving backward: cross right in front of left, step back on left, step back on right, cross left in front of right, step back on right, step back on left  
55-56        Step forward on right, tap left toe next to right with left heel high

## SHUTTLES FORWARD

- &57          Step forward on left, tap right toe next to left with right heel high  
58            Hold for one beat  
&59          Step forward on right, tap left toe next to right with left heel high  
60            Hold for one beat
- &61-63       Repeat the shuttle step on left, on right, on left (without holds)  
64            Hold for one beat

## REPEAT

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