

Smooth Shuffles

拍數: 40 牆數: 2 級數: Intermediate
編舞者: Gary Maxwell
音樂: Then You Can Tell Me Goodbye - Neal McCoy



Keep the feet low to the floor, and glide smoothly through the dance, as though dancing on ice. This dance is choreographed for music with a shuffle-style rhythm, which accentuates the syncopations (Hence the "hold" on each "&" count - this is where there is a "hole" in the rhythm of shuffle music.) You can do the dance to a straight 4/4 rhythm, but it will feel different.

SYNCOPATED SIDE POINTS, ½ TURN, TOUCH/STEP FORWARD (REPEAT)

1&a2 (weight right) point left toe to side, hold, touch left toe next to right, point left toe to side*
3 (weight right) swing left behind into ½ left turn on right ball and step left next to right
4 Touch right toe in front
5&a6 (weight left) point right toe to side, hold, touch right toe next to left, point right toe to right side**
7 (weight left) swing right behind into ½ right turn on left ball and step right next to left
8 Step left forward towards 11:00

Optional styling:

* Tilt head down and hold brim of hat with the RIGHT hand during counts 1&a2.

** Tilt head down and hold brim of hat with the LEFT hand during counts 5&a6

SHUFFLE WITH ¼ TURN, ¼ TURN, TOUCH/STEP BACK (REPEAT)

9&a10 (weight left) (shuffle) step right forward, hold, slide left up to right, small step right forward with ¼ right turn
11 (weight right) step left to side with ¼ right turn
12 Touch right toe straight back*
13&a14 (weight left) (shuffle) step right forward, hold, slide left up to right, small step right forward with ¼ right turn
15 (weight right) step left to side with ¼ right turn
16 Step right back*

Optional styling: * Tilt head down and hold brim of hat with the LEFT hand on counts 12 and 16

DIAGONAL SHUFFLE, ROLLING RIGHT TURN, DIAGONAL SHUFFLE, CROSS, UNWIND

&A (weight right) hold, slightly hook left foot across right leg
17&a18 (weight right) (shuffle) step left at 45 degrees (10:30), hold, slide right up to left, small step left at 45 degrees (10:30)
19 (weight left) step right to side with ½ right turn
20 Step left to side with ½ right turn.

(NOTE: A simple Right side, Left behind Right can be done instead if the full turn is difficult.)

21&a22 (weight left) (shuffle) step right at 45 degrees (1:30), hold, slide left up to right, small step right at 45 degrees (1:30)
23 (weight right) step left across right, bending both knees
24 Unwind with ½ right turn, transfer weight to left*

Optional styling:

* Hold right brim of hat with RIGHT hand on count 23, slide over to left side as you perform count 24

SHUFFLE WITH ¼ TURN, HIP ROCK, ¼ PIVOT TURN (REPEAT)

25&a26 (weight left) (shuffle) step right forward, hold, slide left up to right, small step right forward with ¼ right turn
27 (weight right) step left side and rock hips to left
28 Pivot ¼ right turn on balls of both feet

- 29&a30 (weight right) (shuffle) step left forward, hold, slide right up to left, small step left forward with ¼ left turn
- 31 (weight left) step right side and rock hips to right
- 32 Pivot ¼ left turn on balls of both feet

POINT, WALK, POINT, WALK, BACK ROLLING FULL LEFT TURN, TOUCH BACK

- 33 (weight left) point right toe to side
- 34 Step right forward
- 35 (weight right) point left toe to side
- 36 Step left forward
- 37 (weight left) rock back right with ¼ left turn
- 38 Step left side with ½ left turn
- 39 (weight left) step right side with ¼ left turn
- 40 Touch left toe straight back, (use to stop the turn if necessary)*

Optional styling:

*** Tilt head down and hold brim of hat with the RIGHT hand on count 40**

REPEAT
