

Sometimes Shuffle

拍數: 56 牆數: 0 級數:
編舞者: Carol Urbanek
音樂: The Little Man - The Tractors



Position: Open position

LEFT VINE AND BRUSH

- 1 Step left foot to left side
- 2 Step right foot behind left foot
- 3 Step right foot to right side
- 4 Brush left foot forward

RIGHT VINE AND BRUSH

- 5 Step right foot to right side
- 6 Step left foot behind right foot
- 7 Step right foot to right side
- 8 Brush right foot forward

FOUR SHUFFLE

- 9&10 Shuffle forward - left, right, left
- 11&12 Shuffle forward - right, left, right
- 13&14 Shuffle forward - left, right, left
- 15&16 Shuffle forward - right, left, right

- 17 Touch left heel forward
- 18 Half hitch left leg
- 19 Touch left heel forward
- 20 Stomp left foot next to right foot (no weight)
- 21&22 Shuffle to the left - left, right, left

- 23 Touch right heel forward
- 24 Half hitch right leg
- 25 Touch right heel forward
- 26 Stomp right foot next to left foot (no weight)
- 27&28 Shuffle to the right - right, left, right

TWO SHUFFLE FORWARD

- 29&30 Shuffle forward - left, right, left
- 31&32 Shuffle forward - right, left, right

- 33 Touch left heel forward
- 34 Touch left toe to left side

SAILOR SHUFFLE

- 35 Step left foot behind right foot
- & Step right foot forward
- 36 Step left foot next to right

- 37 Touch right heel forward
- 38 Touch right toe to right side

39&40 Sailor shuffle - right, left, right

FOUR SAILOR SHUFFLES

41&42 Sailor shuffle - left, right, left

43&44 Sailor shuffle - right, left, right

45&46 Sailor shuffle - left, right, left

47&48 Sailor shuffle - right, left, right

49 Step left foot forward

50 Hook right foot behind left foot

51 Step left foot forward

52 Brush right foot forward

53 Step right foot forward

54 Hook left foot behind right foot

55 Step right foot forward

56 Brush left foot forward

REPEAT
