

Southern Girl Shuffle

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Whitney Macnab-Stark (UK)
音樂: Baby Please Come Home - Scooter Lee



HEEL SPLITS & HEEL DIGS

1-4 Heel split, right heel dig, step right beside left
5-8 Heel split, left heel dig, step left beside right

SWIVELS & CLAP, RIGHT LOCK, TAP LEFT

9-12 Swivel both heels right-left-right and clap
13-16 Lock step right (step right forward, step left behind and to the right side of left - legs will be crossed, step right forward), tap left beside right

LEFT LOCK, TAP RIGHT, WALK BACK

17-20 Lock step left (step left, step right behind and to the left side of right - legs will be crossed, step left), tap right beside left
21-24 Walk back right-left-right-left

STEP ½ TURN, PIVOT ½ TURN, STEP, STEP, GRAPEVINE RIGHT ¼ TURN WITH TAP

25-26 ½ Turn on ball of left foot, step right forward (now facing back wall)
27-28 Step left forward, pivot ½ turn right while stepping right, step left beside right
29-32 Grapevine right with ¼ turn and left tap to close

PIVOT ½ TURN, LEFT SHUFFLE, HEEL, HITCH, STEP BEHIND, COASTER STEP

33-36 Step left forward, pivot right on ball of left foot while stepping right in place, left shuffle
37&38 Right heel dig, right knee hitch, step right behind left on diagonal (4th position)
39&40 Left coaster step

STOMP RIGHT, STOMP LEFT, KNEE POPS, SAILOR STEPS

41-44 Stomp right to right, stomp left to left, pop (bend) right knee, straighten right while popping left knee (weight should be on left toe)
45&46 Right sailor step. (step right behind left, step (weight on toe only) left to left side, step right in place)
47&48 Left sailor step. (step left behind right, step (weight on toe only) right to right side, step left in place)

STEP, PIVOT, STEP, STEP, BACK LOCK RIGHT & LEFT

49-52 Step right forward, step left forward, pivot right on ball of left foot while stepping right in place, step left beside right

Hint: push back on left foot as it steps beside right to prepare for the change of direction

53&54 Back lock right (alternate move: right shuffle back)
55&56 Back lock left (alternate move: left shuffle back)

2 X ¼ PADDLE TURNS, DOUBLE KNEE POPS, SHIMMY STEP

57-60 Step right forward pivot ¼, step right forward pivot ¼
61-64 Pop both knees twice (Elvis!)
63-64 Shimmy and close right to left

REPEAT