

Stampede Shuffle

COPPER KNOB
STEPPERS

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Nancy Morgan (USA)
音樂: Shortenin' Bread - The Tractors



RIGHT HEEL, LEFT TOE, RIGHT SHUFFLE FORWARD, VINE RIGHT WITH ¼ TURN

- 1& Put right heel forward, put right next to left
- 2& Quickly put left foot forward, put left next to right
- 3&4 Quickly switch to right shuffling diagonally (right, left, right)
- 5-6 Step left behind right, step right forward as you do ¼ turn to right
- 7-8 Stomp left next to right, clap.

LEFT HEEL, RIGHT TOE, LEFT SHUFFLE FORWARD, VINE LEFT

- 1& Put left heel forward, put left next to right
- 2& Quickly put right foot forward, put right next to left
- 3&4 Quickly switch to left shuffling diagonally (left, right, left)
- 5-6 Step right behind left, step left forward
- 7-8 Stomp right next to left, clap.

VINE RIGHT WITH FULL TURN, SWEEP, VINE LEFT

- 1-4 Step right foot forward, step left behind right, step right to right side (pointing right toe to right), get on ball of right foot and brush left foot as you turn 1 full turn
- 5-8 Step forward on left, step right foot behind left, step left to left side, stomp right next to left.

STEP, TOUCH, STEP, TOUCH, STEP, BRUSH ½ TURN, SHUFFLE RIGHT

- 1-4 Stomp right foot forward, touch left next to right, step back on left, touch right next to left
- 5-6 Step forward on right, swing left foot around to your right ½ turn as you brush left foot.
- 7&8 Shuffle forward, left, right, left (lean on last left to your left).

SAILOR SHUFFLE, SAILOR SHUFFLE, PIVOT ½, STEP, PIVOT ½

- 1&2 Sailor to your left, (step right behind left, left out to left side, step right foot forward).
- 3&4 Sailor to your right, (step left behind right, right out to right side, step left foot forward).
- 5-6 Step forward on right, turn ½ turn to your left.
- 7-8 Step forward on right, turn ½ turn to your left.

REPEAT