

Sting Ray Shuffle

拍數: 64 牆數: 4 級數: Intermediate
編舞者: John Cressman (USA)
音樂: Jamming - Bob Marley & The Wailers



- 1-4 Step right foot front, fan toe out, in, out
5-8 Step left foot front, fan toe out, in, out
- 9-12 Step right foot front, point left toe front and rondé front-to-back
13-16 Step left foot front, point right toe front and rondé front-to-back
- 17-18 Point right toe to right side
&19-20 Shift weight to right foot, pointing left toe to left side
&21 Shift weight to left foot, pointing right toe to right side
&22 Shift weight to right foot, pointing left toe to left side
&23 Shift weight to left foot, pointing right toe to right side
24 Hook right foot over left knee
- 25&26 Right shuffle (right, left, right)
27&28 Left shuffle (left, right, left)
29-30 Right shuffle (right, left, right)
31-32 Coaster step with ¼ turn left (front left, back right, turn left ¼ turn, step left)
- 33 Cross right foot in front of left and slightly forward
34 Slide left foot left and slightly front
35 Cross right foot in front of left and slightly forward
36 Slide left foot left and slightly front
37 Cross right foot in front of left and slightly forward
38 Slide left foot left and slightly front
39-40 Sailor shuffle with a ¼ turn to the right (facing front again)
- 41 Cross left foot in front of right foot
42 Step right foot right
43&44 Step left behind right-shift weight to right foot and quickly move left foot in front of right
45 Step right foot right
46 Step left foot behind right making ¼ turn to the left
47 Step back right
48 Step back left
- 49 Skate forward right
50 Skate forward left
51&52 Shuffle forward right, left, right
53 Skate forward left
54 Skate forward right
55&56 Shuffle forward left, right, left
- 57&58 Coaster step (forward right, back left, step on right foot)
59 Touch left toe left and slightly back
60 Step on left next to right slightly back
61 Touch right toe right and slightly back
62 Step on right next to left slightly back

- 63 Touch left toe left and slightly back
- 64 Step on left next to right slightly back

REPEAT
