

T-Bone Shuffle

拍數: 48 牆數: 4 級數:
編舞者: Peter Metelnick (UK)
音樂: T-Bone Shuffle - Boz Scaggs



RIGHT FORWARD, LEFT JACKIE GLEASON, LEFT FORWARD SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN

- 1-4 Step right foot forward, brush left foot forward, brush left foot back and across right leg, brush left foot forward on a left diagonal
5&6 Step left foot forward, step right foot together, step left foot forward
7-8 Step right foot forward, pivot ½ left (weight ends on left foot)

RIGHT FORWARD, LEFT JACKIE GLEASON, LEFT FORWARD SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN

- 1-4 Step right foot forward, brush left foot forward, brush left foot back and across right leg, brush left foot forward on a left diagonal
5&6 Step left foot forward, step right foot together, step left foot forward
7-8 Step right foot forward, pivot ½ left (weight ends on left foot)

CROSS ROCK & RECOVER, ½ RIGHT & SHUFFLE, LEFT ROCK & RECOVER, LEFT COASTER STEP

- 1-2 Cross right foot over left foot and rock forward, rock back and recover weight on left foot
3&4 Turning ½ right step right foot forward, step left foot together, step right foot forward
5-6 Step left foot forward and rock forward, recover weight on right foot
7&8 Step left foot back, step right foot together, step left foot forward

CROSS ROCK & RECOVER, ¾ RIGHT & SHUFFLE, LEFT ROCK & RECOVER, LEFT SHUFFLE IN PLACE

- 1-2 Cross right foot over left foot and rock forward, rock back and recover weight on left foot
3&4 Turning ¾ right step right foot forward, step left foot together, step right foot forward
5-6 Step left foot forward and rock forward, recover weight on right foot
7&8 Step left foot together, step right foot together, step left foot together (note: you can replace the shuffle with a left coaster step)

RIGHT SIDE SHUFFLE, ½ RIGHT SIDE PIVOT, HOLD & CLAP, ½ RIGHT SIDE PIVOT, HOLD & CLAP, LEFT SIDE SHUFFLE

- 1&2 Step right foot to right side, step left foot together, step right foot to right side
3-4 Pivot ½ right on right foot while stepping left foot to left side, hold & clap
5-6 Pivot ½ right on left foot while stepping right foot to right side, hold & clap
7&8 Step left foot to left side, step right foot together, step left foot to left side

¼ LEFT & SHUFFLE, RIGHT FORWARD SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD, ¼ LEFT PIVOT TURN

- 1&2 Turn ¼ left and step right foot forward, step left foot together, step right foot forward
3&4 Step left foot forward, step right foot together, step left foot forward
5-6 Step right foot forward, pivot ½ left
7-8 Step right foot forward, pivot ¼ left (weight ends on left foot)

REPEAT