

"T Brook" Shuffle

拍數: 64 牆數: 0 級數:
編舞者: Rose Grant (CAN)
音樂: I Saw You First - John Cougar-Mellencamp



STEP, HOOK, SHUFFLE - ROCK, STEP, ½ TURN SHUFFLE

1-2 Step forward right 45 degrees, hook left behind right (weight on it)
3&4 Shuffle forward right, left, right
5-6 Rock forward left, back on right
7&8 Shuffle left, right, left while making a ½ turn to the left
9-16 Repeat 1-8

HEEL FORWARD, HITCH, SHUFFLE, ROCK STEP AND VICE-VERSA

17-18 Touch the right heel forward, hitch across the left
19&20 Shuffle to the right (right, left, right)
21-22 Rock back on the left, forward on the right
23&24 Shuffle to the left (left, right, left)
25-26 Rock back on the right, forward on the left
27&28 Shuffle to the right (right, left, right)
29-30 Touch the left heel forward, hitch across the right
31&32 Shuffle to the left (left, right, left)

SIDE STEP, TOGETHER, SHUFFLES

33-34 Step side right, step the left together with the right (weight on it)
35&36 Shuffle forward right, left, right
37-38 Step side left, step the right together with left (weight on it)
39&40 Shuffle back left, right, left

CROSS BEHIND SHUFFLES, ROCK STEP

41&42 Cross the right behind the left, shuffle back right, left, right
43&44 Cross the left behind the right, shuffle back left, right, left
45&46 Cross the right behind the left, shuffle back right, left, right
47-48 Rock back on the left, forward on the right

SIDE STEP, TOGETHER, SHUFFLES

49-50 Side step left, step the right together with left (weight on it)
51&52 Shuffle forward left, right, left
53-54 Step side right, step the left together with the right (weight on it)
55&56 Shuffle back, right, left, right

CROSS BEHIND SHUFFLES, ROCK STEP

57&58 Cross the left behind the right, shuffle back left, right, left
59&60 Cross the right behind the left, shuffle back right, left, right
61&62 Cross the left behind the right, shuffle back left, right, left
63-64 Rock back on the right, forward on the left

REPEAT
