

Tracy's Shuffle (P)

COPPERKNOB
STEPSHEETS

拍數: 40 牆數: 0 級數: Partner
編舞者: Peter Bishop
音樂: Livin' In Black and White - Tracy Lawrence



Position: Face To Face. Man on inside holding hands

MAN'S STEPS

STEP SLIDE STEP TOUCH

1-4 Left step left, right slide next to left, left step left, right touch by left

STEP TOUCH TURN TOUCH

5-8 Right step right, left touch next to right, left step left making a $\frac{1}{4}$ turn left, right touch next to left

Now only holding inside hands

STEP BACK STEP BACK

9-12 Step back right, left, right, touch left, next to right

ROCK STEP ROCK STEP

13-16 Rock forward on left, right step in place, rock back on left, right step in place

LEFT SHUFFLE, RIGHT SHUFFLE, LEFT SHUFFLE

17&18 Step forward left, right, left

19&20 Step forward right, left, right

21&22 Step forward left, right, left

STEP PIVOT STEP PIVOT

23-24 Step forward on right, pivot $\frac{1}{2}$ turn left

You have now changed direction and now hold the lady's right hand

RIGHT SHUFFLE, STEP PIVOT

25&26 Step forward right, left, right

27-28 Step forward on left, pivot $\frac{1}{2}$ turn right

Now holding lady's left hand

LEFT SHUFFLE, RIGHT SHUFFLE, LEFT SHUFFLE

29&30 Step forward left, right, left

31&32 Step forward right, left, right

33&34 Step forward left, right, left

BOX STEP TURN LEFT

35-38 Cross right in front of left, left step back, right step right making $\frac{1}{4}$ turn right, left step next to right

STEP TOUCH

39-40 Right step right, left touch next to right

REPEAT

LADY'S STEPS

STEP SLIDE STEP TOUCH

1-4 Right step right. Left slide next to right, right step right, left touch next to right

STEP TOUCH TURN TOUCH

5-8 Left step left, right touch next to left, right step right making a $\frac{1}{4}$ turn right, left touch next to right

Now holding man's right hand only

9-12 Step back left, right left, touch right next to left

13-16 Rock forward on right. Left step in place, rock back on right, left step in place

RIGHT SHUFFLE, LEFT SHUFFLE, RIGHT SHUFFLE

17&18 Step forward right, left, right

19&20 Step forward left, right, left

21&22 Step forward right, left, right

23-24 Step forward on left pivot $\frac{1}{2}$ turn right

You have now changed direction and now hold the man's left hand

LEFT SHUFFLE, STEP PIVOT

25&26 Step forward left, right, left

27-28 Step forward on right, pivot $\frac{1}{2}$ turn left

Now holding man's right hand

RIGHT SHUFFLE, LEFT SHUFFLE, RIGHT SHUFFLE

29&30 Step forward right, left, right

31&32 Step forward left, right, left

33&34 Step forward right, left, right

BOX STEP TURN

35-38 Cross left in front of right, right step back, step left to left making $\frac{1}{4}$ turn left, step right next to left

STEP TOUCH

39-40 Left step left, right touch next to left

REPEAT
