

Tulsa Shuffle

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Johnny Montana (USA)
音樂: The Tulsa Shuffle - The Tractors



This can be done in contra form if the step-slides in counts 17-24 are done straight to the side rather than at an angle.

TOE/HEEL STRUT STEPS

- 1-2 Touch right toe forward; lower right heel to floor
- 3-4 Touch left toe forward; lower left heel to floor
- 5-6 Touch right toe forward; lower right heel to floor
- 7-8 Touch left toe forward; lower left heel to floor

SUGARFOOT RIGHT, LEFT, RIGHT, LEFT

- 9-10 Step right foot forward with toe pointed in and heel pointed out; swivel on right sole to bring right heel in while stepping forward onto left with toe pointed in and heel pointed out
- 11-12 Swivel on left sole to bring left heel in while stepping forward on right with toe pointed in and heel pointed out; swivel on right sole to bring right heel in while stepping forward onto left
- &13 Lift right knee and scoot back on left foot; step down onto right foot
- &14 Lift left knee and scoot back on right foot; step down onto left foot
- &15 Lift right knee and scoot back on left foot; step down onto right foot
- &16 Lift left knee and scoot back on right foot; step down onto left foot

STEP-SLIDE, STEP-SLIDE

- 17-19 Step right foot a long step diagonally forward right; slide left foot next to right; hold
- &20 Clap hands twice
- 21-23 Step left foot a long step diagonally forward left; slide right foot next to left; hold; (the long step can be a flea hop diagonally making it an &21 count. The slide may take as much of the three beats as the individual desires.)
- &24 Clap hands twice

MONTEREY TURN, CROSS-STEPS WITH TOUCHES

- 25-26 Touch right toe to right side; pivot ½ turn right on ball of left foot stepping down on right in home position
- 27-28 Touch left toe to left side; step left foot beside right foot
- 29-30 Cross-step right over left; touch left toe to left side
- 31-32 Cross-step left over right; touch right toe to right side
- 33-34 Cross-step right behind left; touch left toe to left side
- 35-36 Cross-step left behind right; touch right toe to right side

FORWARD SHUFFLES, PIVOT TURN

- 37&38 Step right foot forward; step left together; step right foot forward
- 39&40 Step left foot forward; step right together; step left foot forward
- 41-42 Step right foot forward; pivot ½ turn left shifting weight to left foot

FORWARD SHUFFLES, PIVOT TURN

- 43&44 Step right foot forward; step left together; step right foot forward
- 45&46 Step left foot forward; step right together; step left foot forward
- 47-48 Step right foot forward; pivot ½ turn left shifting weight to left foot

REPEAT

