

2 Am Shuffle

拍數: 32 牆數: 4 級數: Improver
編舞者: Dianne Bishop (CAN) & Gloria Kirchner (CAN)
音樂: Oh Lonesome You - Trisha Yearwood



CROSS SHUFFLES, ROCK RECOVER

1&2 Cross left over right, step side right, cross left over right
3-4 Rock side on right, recover on left
5&6 Cross right over left, step left side left, cross right over left
7-8 Rock side left, recover on right

SHUFFLE FORWARD, ½ TURN PIVOT, ¼ TURN SIDE SHUFFLE, ROCK RECOVER

9&10 Shuffle forward left-right-left
11-12 Touch right toe forward, pivot ½ turn left, keeping weight on left
13&14 Turn ¼ turn left, as you side shuffle right-left-right
15-16 Rock back on left, recover on right

SIDE SHUFFLE, ¼ TURN, ROCK RECOVER, FULL TURN, SHUFFLE

17&18-19-20 Side shuffle left-right-left making ¼ turn right rock back on right, recover on left
21-22 On ball of left, make ½ turn left, stepping forward on right, on ball of right make ½ turn left, stepping forward on left
23&24 Shuffle forward right-left-right

HEEL SWITCHES, BALL CROSS ROCK, ¼ TURN SHUFFLE, SHUFFLE

25&26 Place left heel forward, quickly step down on left and place right heel forward
&27-28 Quickly step down on right, cross left over right, rock side right
29&30 Turn ¼ left as you shuffle forward left-right-left
31&32 Shuffle forward right-left-right

REPEAT

TAG

When dancing to "Oh Lonesome You" by Trisha Yearwood, after second time through, facing back wall

JAZZ BOXES

1-4 Cross left over right, step back right, step side left, step together with right
5-8 Repeat counts 1-4