

West Coast Shuffle

拍數: 32 牆數: 0 級數:
編舞者: Eddie Harper (USA)
音樂: Fresh Coat of Paint - Lee Roy Parnell



LADY'S BASIC WEST COAST FOOTWORK (FORWARD WALK, TOUCH, STEP BACK)

- 1 Step forward on right
- 2 Step forward on left
- 3 Touch right toe beside left (no weight)
- 4 Step back on right

TRIPLE STEP (SHUFFLE) IN PLACE

- 5&6 In place, step left right left

TRIPLE STEP (SHUFFLE) FORWARD

- 7&8 Shuffle slightly forward right left right

½ PIVOTS

- 9 Touch left toe forward
- 10 On ball of right, pivot ½ turn right, keeping weight on right
- 11-12 Repeat steps 9-10

REVERSE JAZZ BOX

- 13 Step slightly forward on left
- 14 Cross step right over left
- 15 Step slightly back on left
- 16 Step right to right side (weight even)

ELVIS LEGS

Knee pops-in place weight changes - bending knees, motion will be in hips

- 17 Shifting weight to left, raise right heel, pointing right knee to left
- & Straighten right leg
- 18 Weight on left, raise right heel, pointing right knee left
- 19 Shifting weight to right, raise left heel, pointing left knee to right
- & Straighten left leg
- 20 Weight on right, raise left heel, pointing left knee to right
- 21 Shifting weight to left, raise right heel, pointing right knee to left
- 22 Shifting weight to right, raise left heel, point left knee to right
- 23-24 Repeat steps 21-22

SPRING JUMP (LOW), ½ TURN TO THE RIGHT

- & Bending both knees, jump up low from both feet, landing on right
- 25 Cross step left over right (weight even)
- 26-28 Slowly unwind ½ turn right (straighten, shifting weight to right)

CROSS FRONT & TOUCH, CROSS BACK & STEP

- 29 Cross step left over right
- 30 Point right toe out to right side
- 31 Cross step right behind left
- 32 Step left beside right

REPEAT

