

J. D. Shuffle

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Roger Garman Jr. (USA)
音樂: Any Man of Mine - Shania Twain



HEEL, HOOK, HEEL, TOGETHER

1-2 Touch right heel forward; hook right ankle in front of left shin
3-4 Touch right heel forward; step right beside left
5-6 Touch left heel forward; hook left ankle in front of right shin
7-8 Touch left heel forward; step left beside right

ALTERNATING SPLITS

9-10 Move both toes apart; move both heels apart
11-12 Move both heels back to center; move both toes back to center

FORWARD SHUFFLES, PIVOT TURN

13&14 Step right forward; step left together; step right forward
15&16 Step left forward; step right together; step left forward
17-18 Step right forward; pivot ½ turn shifting weight to left

FORWARD SHUFFLES, PIVOT TURN

19&20 Step right forward; step left together; step right forward
21&22 Step left forward; step right together; step left forward
23-24 Step right forward; pivot ½ turn shifting weight to left

JAZZ BOX, JAZZ BOX WITH JUMP FORWARD

25-26 Cross-step right over left; step left back
27-28 Step right slightly forward and to right; step left beside right
29-30 Cross-step right over left; step left back left
31-32 Step right slightly forward and to right; jump forward on both feet

RIGHT VINE WITH SCUFF, LEFT VINE WITH ¼ TURN AND STOMP

33-34 Step right to right side; cross-step left behind right
35-36 Step right to right side; scuff left forward
37-38 Step left to left side; cross-step right behind left
39-40 Turning ¼ left, step on left foot; stomp right foot down beside left

SWIVELS

41-42 Swivel heels to right side; swivel heels back to center
43-44 Swivel heels to right side; swivel heels back to center

MODIFIED CHARLESTONS

45-46 Step right forward; kick left forward clapping hands
47-48 Step left foot back; touch right toe back clapping hands
49-50 Step right forward; kick left forward clapping hands
51-52 Step left foot back; touch right toe back clapping hands

OUT-OUT, IN-CROSS, UNWIND, CLAP

&53 Step right to right side; step left to left side
&54 Step left in to center; cross-step right over left
55-56 Unwind ½ turn left; hold and clap hands

REPEAT
