

J.R. Shuffle

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mark Hood (UK)
音樂: Lucy - Jamie Ryan



SAILOR STEP BEHIND SHUFFLE

1 Step right behind left
& Step left to the left
2 Step right in place
3 Step left behind right
& Step right to the right
4 Step left behind right

SIDE SHUFFLE ¼, STEP PIVOT ½

5 Step right to the right with ¼ turn to the right
& Step left beside right
6 Step right forward
7 Step forward left
8 Pivot ½ turn to the right

SHUFFLE, SHUFFLE

9 Step forward left
& Step right beside left
10 Step forward left
11 Step forward right
& Step left beside right
12 Step forward right

Option: two ½ turning shuffles

ROCK & ROCK, ROCK & ROCK, FORWARD COASTER STEP

13 Rock forward left
& Rock right in place
14 Rock back left
& Rock right in place
15 Step forward left
& Step right beside left
16 Step back left

ROCK & ROCK, ROCK & ROCK, COASTER STEP

17 Rock back right
& Rock left in place
18 Rock forward right
& Rock left in place
19 Step back right
& Step left beside right
20 Step forward right

SIDE STEP, TOGETHER, ROCK, ROCK

21 Step left to the left
22 Step right beside left
23 Rock left to the left

24 Rock right in place

WEAVE

25 Step left over right

26 Step right to the right

27 Step left behind right

28 Step right to the right

KNEE POPS

29 Pop left knee in

& Replace weight onto left

30 Pop right in

& Replace weight onto right

31 Pop left knee in

& Replace weight onto left

32 Pop right in

REPEAT
