

Harlem Shuffle

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Lorraine Susan Taylor (UK)
音樂: Harlem Hustle - Blaxploitation



SYNCOPATED WEAVE TO LEFT, DRAG & TAP

1-2 Step left foot to left, cross right foot behind left foot
&3 Step left foot to left, cross right foot over left foot
4& Step left foot to left, cross right foot behind left foot
5-6-7 Take a long step to the left with left foot & slowly drag right foot to left foot over 2 counts
8 Tap right toe to left foot

KICK BALL CHANGE TWICE, PIVOT TURN TWICE

1&2 Kick right foot forward, step ball right foot to left foot, replace weight onto left foot
3&4 Kick right foot forward, step ball right foot to left foot, replace weight onto left foot
5-6 Step right foot forward, pivot ½ to left
7-8 Step right foot forward, pivot ½ to left

SYNCOPATED WEAVE TO RIGHT, DRAG & TAP

1-2 Step right foot to right, cross left foot behind right foot
&3 Step right foot to right, cross left foot over right foot
4& Step right foot to right, cross left foot behind right foot
5-6-7 Take a long step to the right with right foot & slowly drag left foot to right foot over 2 counts
8 Tap left toe to right foot

KICK BALL CHANGE TWICE, PIVOT TURN TWICE

1&2 Kick left foot forward, step ball left foot to right foot, replace weight onto right foot
3&4 Kick left foot forward, step ball left foot to right foot, replace weight onto right foot
5-6 Step left foot forward, pivot ½ to right
7-8 Step left foot forward, pivot ½ to right

GRAPEVINE WITH ½ TURN TO LEFT, DWIGHT TO RIGHT

1-2 Step left foot to left, cross right foot behind left foot
3-4 Step left foot to left, pivot ½ turn to left on ball of left foot & scuff right heel forward
5-6 Tap right toe to left foot, toe turned in, tap right heel forward, toe turned out
7-8 Tap right toe to left foot, toe turned in, tap right heel forward, toe turned out

At the same time twist left heel to right, toe to right, heel to right, toe to right

STEP SCUFF, STOMP TWICE, RAMBLE TO LEFT

1-2-3-4 Step right foot to right, scuff left heel forward, stomp left foot forward, stomp right foot to left foot
5-6-7-8 Twist heels to left, twist toes to left, twist heels to left, twist toes to left

TURNING TOE STRUTS

1-2 Step right toe back, place right heel down
3-4 Turning ½ to left, step left toe forward, place left heel down
5-6 Turning ½ to left, step right toe back, place right heel down
7-8 Step left toe back, place left heel down

Alternatively dance 4 toe struts straight back

ROCKS & TAP, ROCKS & STEP

- 1-2 Step right foot diagonally forward to right (pushing hips forward) rock back onto left foot (pushing hips back)
- 3-4 Rock forward onto right foot, (pushing hips forward) tap left toe to right foot & clap hands
- 5-6 Step left foot diagonally forward to left, (pushing hips forward) rock back onto right foot (pushing hips back)
- 7-8 Rock forward onto left foot, (pushing hips forward) step right foot next to left foot with weight & clap hands

REPEAT
