

4 Way Shuffle

拍數: 40 牆數: 4 級數: Improver
編舞者: David Good
音樂: Best of Friends - Dave Sheriff



STEP - SWING - STEP - SWING - JAZZ BOX

1-2 Step forward on right foot, swing left leg around & in front of right
3-4 Step forward onto left foot, swing right foot around & in front of left
5-6 Cross step right foot over left, step back on left
7-8 Step right foot to right side, stomp left beside right (taking weight onto left)

CHASSE RIGHT - ROCK BACK - RECOVER. CHASSE LEFT- ROCK BACK - RECOVER

9&10 Step right foot to right side, close left beside right, step right to right side
11-12 Rock left foot back behind right, recover weight forward onto right
13&14 Step left foot to left side, close right beside left, step left foot to left side
15-16 Rock right foot back behind left, recover weight forward onto left

SHUFFLES FORWARD TWICE - ROCK FORWARD & RECOVER - SHUFFLE ½ TURN RIGHT

17&18 Step forward on right, close left beside right, step forward on right
19&20 Step forward on left, close right beside left, step forward on left
21-22 Rock forward onto right foot, recover weight back onto left
23&24 Shuffle ½ turn to the right stepping - right - left - right

SHUFFLES FORWARD TWICE - ROCK FORWARD & RECOVER - SHUFFLE ½ TURN LEFT

25&26 Step forward on left, close right beside left, step forward on left
27&28 Step forward on right, close left beside right, step forward on right
29-30 Rock forward onto left, recover weight back onto right
31&32 Shuffle ½ turn left stepping - left - right - left

GRAPEVINE RIGHT - SCUFF LEFT - GRAPEVINE LEFT WITH ¼ TURN - SCUFF RIGHT FOOT

33-34 Step right foot to right side, cross left behind right
35-36 Step right foot to right side, scuff left foot forward
37-38 Step left foot to left side, cross right foot behind left
39-40 Step left foot ¼ turn left, scuff right foot forward

REPEAT
