

E Street Shuffle

拍數: 32 牆數: 2 級數: Beginner
編舞者: John Dowling (UK)
音樂: Dancing In the Dark - Bruce Springsteen



TOE STRUTS TWICE, SHUFFLE FORWARD, ROCK RECOVER

1-2 Touch right toe forward, lower right heel to floor
3-4 Touch left toe forward, lower left heel to floor
5&6 Step right forward, slide left next to right, step right forward
7-8 Rock forward on left, recover back onto right

TOE STRUTS TWICE, SHUFFLE BACK, ROCK RECOVER

1-2 Touch left toe back, lower left heel to floor
3-4 Touch right toe back, lower right heel to floor
5&6 Step left back, slide right next to left, step left back
7-8 Rock back on right, recover onto left

CHASSE ¼ TURN, ROCK RECOVER, SHUFFLE FORWARD, STEP PIVOT ½ TURN

1&2 Step right to right side, slide left next to right, step right to right side while turning ¼ turn left
3-4 Rock back on left, recover onto right
5&6 Step left forward, slide right next to left, step left forward
7-8 Step forward on right, pivot ½ turn left

WALK TWICE, SHUFFLE FORWARD

1-2 Walk forward stepping right, left
3-4 Step right forward, slide left next to right, step right forward
5&6 Rock forward on left, recover back onto right
7-8 Make a ½ turn over the left shoulder stepping left, right, left (facing 9:00)

REPEAT
