Double 'T' Shuffle

拍數: 48   牆數: 0   級數:

編舞者: Diane Jackson (UK)

音樂: Tougher Than the Rest - Travis Tritt

This dance is based on "Brenda's Dream" by Red Russel, with the Red's permission.

DIAGONAL SHUFFLES & CURVE ROCKS

1&2	Right shuffle, swinging right left right diagonally to the left
3&4	Left shuffle swinging diagonally to the right
5-6	Rock right over left with a curve and back on to left
7&8	Make a ½ turn to the right on right left right shuffle

Release right hands. Take left hands over lady's head. Do not rejoin right hands on completion of turn

DIAGONAL SHUFFLES & CURVE ROCKS

9&10	Left shuffle swinging left right left diagonally the right
11&12	Right shuffle swinging diagonally to left
13-14	Rock left over right with a curve and back onto right
15&16	Make a ½ turn to the left with a left-right-left shuffle

Bring left hands over lady's head and rejoin in right side by side

STEPS LOCKS & SHUFFLES

17-18	Step forward on right foot, left foot lock to side of right
19&20	Shuffle forward right, left, right
21-22	Step forward on left foot, right foot lock to side of left
23&24	Shuffle forward left right left

ROCK TURNS & WINDMILL PIVOT TURN, SHUFFLE

25-26	Cross rock forward on right, rock back on to left
27&28	Turn ½ right on right, left, right

Drop left hands

29-30	Step forward on left, pivot ½ turn right

Pick up lady's left hand. Return to right side by side

31&32	Shuffle forward on left right left

ROCK STEP & SHUFFLES

33-34	Rock forward on right foot rock back on left
35&36	Right shuffle backwards right, left, right
37-38	Rock back on left foot rock, rock forward on right foot
39&40	Left shuffle forward left, right, left

TURN SIDE STEPS, WALK STEPS, SHUFFLE

41-42	Turn ¼ to the left as you step right to side, step left behind right

Drop left hands. Take right hands over lady's head

43&44	Turning ¼ right to face LOD shuffle forward right, left, right
45-46	Walk forward left, right

Lady does a full turn to the right on these two steps

47&48	Shuffle forward left, right, left

Rejoin hands into right side by side

REPEAT