

Do-Si-Do Shuffle

拍數: 32 牆數: 2 級數: Improver contra dance
編舞者: NTA Participants
音樂: Are You Sure Hank Done It This Way - Waylon Jennings



WALK FORWARD THREE, SIDE STEP

- 1 Walk forward on left foot
- 2 Walk forward on right foot
- 3 Walk forward on left foot
- 4 Step right foot to right side

BACK TWO, ½ TURNING TRIPLE STEP FORWARD

- 5 Walk back on left foot
- 6 Walk back on right foot
- 7 Begin turn left stepping left foot a little more than ¼ left (8:00ish)
- & Quickly continue turning body, stepping right foot at instep of left foot
- 8 Complete turn left by stepping left foot forward to face back wall (6:00)

RIGHT GRAPEVINE, TOUCH, CLAP-CLAP

- 9 Step right foot to right side
- 10 Cross left foot behind right foot
- 11 Step right foot to right side
- 12 Touch left toe next to right foot and clap hands twice

LEFT GRAPEVINE, TOUCH, CLAP-CLAP

- 13 Step left foot to left side
- 14 Cross right foot behind left foot
- 15 Step left foot to left side
- 16 Touch right toe next to left foot and clap hands twice

FORWARD TRIPLE, ROCK STEP

- 17 Begin triple step forward by stepping right foot forward
- & Step left foot quickly forward, toe at instep of right foot
- 18 Step right foot forward
- 19 Step left foot forward
- 20 Rock weight back to right foot

BACKWARD TRIPLE, ROCK STEP

- 21 Begin triple step back by stepping left foot back, toe at instep of right foot
- & Step right foot quickly back
- 22 Step left foot back
- 23 Step right foot back
- 24 Rock weight forward to left foot

HIP BUMPS RIGHT, HIP BUMPS LEFT

- 25 Rock weight to right, bumping hips to right
- 26 Bump hips to right
- 27 Rock weight to left, bumping hips to left
- 28 Bumping hips to left

HIP BUMPS RIGHT, LEFT, RIGHT, RIGHT

- 29 Rock weight to right, bumping hips to right
- 30 Rock weight to left, bumping hips left
- 31 Rock weight to right, bumping hips right
- 32 Bump hips right

REPEAT
