

D&L Shuffle

拍數: 52 牆數: 4 級數: Intermediate
編舞者: David Spreight & Lorraine Spreight
音樂: Linda Lou - The Tractors



RIGHT CHASSE / ROCK RECOVER / ROLLING LEFT VINE

1&2 Step right to right side, step left beside right, step right to right side
3-4 Rock back on left foot, recover weight back on right
5-6 Step left ¼ turn left, step right forward ½ turn left
7-8 Step left back ½ turn left, touch right beside left

FORWARD SHUFFLE / STEP ¼ TURN / BACK SHUFFLE / ROCK RECOVER

9&10 Step right forward, step left beside right, step right forward
11-12 Step left forward ¼ turn right, step right beside left
13&14 Step left back, step right beside left, step left back
15-16 Rock back on right, recover weight on left

HEEL SWITCHES / HOLD / HEEL SWITCHES / ROCK RECOVER

17& Touch right heel forward, step right beside left
18& Touch left heel forward, step left beside right
19-20 Touch right heel forward, hold
&21 Step right beside left, touch left heel forward
&22 Step left beside right, touch right heel forward
& Step right beside left
23-24 Rock forward on left, recover weight back on right

BACK HOLD / UNWIND HOLD / SIDE TOUCHES HOLD

24-26 Step left behind right foot, hold
27-28 Unwind ½ turn over left, hold
29& Touch right toe to right side, step right beside left
30& Touch left to to left side, step left beside right
31-32 Touch right toe to right side, hold

CROSS SHUFFLE / ROCK RECOVER / CROSS SHUFFLE / ROCK RECOVER

33&34 Cross right over left, step left beside right, cross right over left
35-36 Rock left to left side, recover weight back on right
37&38 Cross left over right, step right beside left, cross left over right
39-40 Rock right to right side, recover weight back on left

TRIPLE ½ TURN / ROCK RECOVER / TRIPLE ½ TURN / ROCK RECOVER

41&42 Step forward triple ½ turn on right/left/right
43-44 Rock back on left, recover weight on right
45&46 Step forward triple ½ turn on left/right/left
47-48 Rock back on right, recover weight on left

JUMP FORWARD / TAP HEELS X3

&49 Step right forward, step left forward and slightly past right
50-51 Tap left heel, tap left heel
52 Tap left heel down and put weight onto left

REPEAT

