

Cruisin' Together

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 4 級數:
編舞者: Maureen Hearney (USA)
音樂: Cruisin' - Gwyneth Paltrow & Huey Lewis



WALK, WALK, 3 SHUFFLES FORWARD

1-2 Walk forward right, left
3&4 Shuffle forward right, left, right
5&6 Shuffle forward left, right, left
7&8 Shuffle forward right, left, right

ROCK FORWARD AND BACK, THREE ¼ TURN SHUFFLES

1-2 Rock forward on left foot, rock back on right foot
3&4 Shuffle left, right, left while making a ¼ turn to the left
5&6 Shuffle right, left, right while making a ¼ turn to the left
7&8 Shuffle left, right, left while making a ¼ turn to the left

ROCK RIGHT, CROSS SHUFFLE, ROCK LEFT, CROSS SHUFFLE

1-2 Rock right to side, return weight to left
3&4 Cross right in front of left as you shuffle right, left, right
5-6 Rock left to side, return weight to right
7&8 Cross left in front of right as you shuffle left, right, left

4 TWINKLES FORWARD

1&2 Step diagonally forward to the right with right foot, step left next to right, cross step right over left
3&4 Step diagonally forward to the left with left foot, step right next to left, cross step left over right
5&6 Step diagonally forward to the right with right foot, step left next to right, cross step right over left
7&8 Step diagonally forward to the left with left foot, step right next to left, cross step left over right

PADDLE ½ TURN TO THE LEFT

1-2 Keeping weight on left foot rotate to the left as you push your right foot to the floor
3-8 Repeat for next six counts as you complete a ½ turn to the left

REPEAT
