

The Country Shuffle

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Dave Ingram (CAN) & Sue MacFarlane (CAN)
音樂: I'm from the Country - Tracy Byrd



KICK FRONT SIDE, SAILOR SHUFFLE, KICK FRONT SIDE, SAILOR SHUFFLE

1 Kick right foot front
2 Kick right foot to right side
3&4 Sailor shuffle, right, left, right
5 Kick left foot front
6 Kick left foot to left side
7&8 Sailor shuffle, left, right, left

WALK, WALK, HOOK ½ TURN LEFT, COASTER STEP, CROSS, TOGETHER

9 Walk forward right
10 Walk forward left
11 Hook right foot behind left heel
12 Pivot ½ turn on ball of left foot
13&14 Coaster step, right, left, right
15 Step crossing left foot in front of right foot
16 Step right beside left

APPLE JACKS WITH ½ TURN LEFT

17& Swivel left toe and right heel to the left, back to centre
18& Swivel right toe and left heel to the right, back to centre
19& With 1/8 turn left, swivel left toe and right heel to the left, back to centre
20& With 1/8 turn left, swivel right toe and left heel to the right, back to centre
21& With 1/8 turn left, swivel left toe and right heel to the left, back to centre
22& With 1/8 turn left, swivel right toe and left heel to the right, back to centre
23& Swivel left toe and right heel to the left, back to centre
24& Swivel right toe and left heel to the right, back to centre

KICK, KICK BALL CROSS, STEP TOGETHER, ROLLING VINE 1-¼ LEFT

25 Kick right forward
26&27 Kick right, step on ball of right, cross left in front of right
28 Step right beside left
29-32 Rolling vine 1-¼ left

STEP FORWARD RIGHT, PIVOT ½ TURN R, STEP, TOUCH

33 Step forward right
34 Pivot ½ right turn on ball of right foot
35 Step back left
36 Touch right beside left
37 Step forward right
38 Pivot ½ right turn on ball of right foot
39 Step back left
40 Touch right beside left

BUMP, BUMP, STEP SIDE, CLAP

41 Step right to right as you bump hip right
42 Bump hip left

&43 Slide left beside right, step right foot to right
44 Clap
45-46 Bump hips left, right
&47 Slide right beside left, step left foot to left
48 Clap

REPEAT

When dancing to "I'm from the Country", After 7 complete repetitions of the dance, repeat section 6 (Bump, Bump, Step Side, Clap) only once, then repeat dance from the beginning.
