

Cat Shuffle

拍數: 48 牆數: 2 級數: Improver
編舞者: William Sevone (UK)
音樂: Cat Walk - Lee Roy Parnell



4X SOFT SHOE SHUFFLE

1&2 Step right foot slightly in front of left, step left foot back slightly, step right foot back to left toe
3&4 Step left foot slightly in front of right, step right foot back slightly, step left foot back to right toe
5&6 Step right foot slightly in front of left, step left foot back slightly, step right foot back to left toe
7&8 Step left foot slightly in front of right, step right foot back slightly, step left foot back to right toe

Style note: counts 1-8 are 'on-the-spot'

SHUFFLE FORWARD, SIDE ROCK, ROCK BACK, 2X SAILOR SHUFFLE

9&10 Step forward onto right foot, step left foot next to right, step forward onto right foot
11-12 Step/rock left foot to side, rock back onto right foot
13&14 Step left foot behind right, step right foot next to left, step left foot to side
15&16 Step right foot behind left, step left foot next to right, step right foot to side

SHUFFLE FORWARD, SIDE ROCK, ROCK BACK, 2X SAILOR SHUFFLE

17&18 Step forward onto left foot, step right foot next to left, step forward onto left foot
19-20 Step/rock right foot to side, rock back onto left foot
21&22 Step right foot behind left, step left foot next to right, step right foot to side
23&24 Step left foot behind right, step right foot next to left, step left foot to side

¼ RIGHT CHASSE SHUFFLE, ½ RIGHT - LEFT CHASSE SHUFFLE

25&26 Step forward with a ¼ turn left onto right foot, step left foot next to right, step right foot to side
&27&28 Turn ½ right on ball of right foot and step onto left foot, step right foot next to left, step left foot to side

STEP BEHIND, SIDE STEP, STEP, BODY ROLL,

29-31 Step right foot behind left, step left foot to side, bending at knees - step right foot in place
32-35 With hands on knees and starting with right shoulder - roll shoulders (in a figure 8 pattern) from right to left and back to right transferring weight at the same time

STEP BEHIND, SIDE STEP, STEP, BODY ROLL,

36-38 Step left foot behind right, step right foot to side, bending at knees - step left foot in place
39-42 With hands on knees and starting with left shoulder - roll shoulders (in a figure 8 pattern) from left to right and back to left transferring weight at the same time

Style note: there is no fixed degree as to how much you bend your knees - as long as you feel comfortable

FULL TURN LEFT, LEFT CHASSE SHUFFLE, CROSS STEP ¼ RIGHT

43-45 With a ¼ turn left - step onto left foot, turning ¼ turn left on ball of left foot - step right foot to side turning ½ turn left on ball of right foot - step left foot to side,

Styling note: click fingers with each count of turn

46&47 Step right foot to side, step left foot next to right, step right foot to side,
48 Step left foot over right with a ¼ turn right

REPEAT

Counts 32-35 and 39-42 are all slow and deliberate, so give it some attitude. Counts 43-45 are just slow.

