

Cactus Shuffle

拍數: 0 牆數: 0 級數:
編舞者: Maleah Green (USA)
音樂: (If You're Not In It for Love) I'm Outta Here! - Shania Twain



THE MAIN DANCE

HEEL TOUCHES, HOP TURN

- 1-4 Right foot heel tap forward, right foot together, right foot heel tap forward, right foot together
- 5-8 Left foot heel tap forward, left foot together, left foot heel tap forward, left foot together
- 9 Hop in place, landing with feet spread
- 10 Hop in place, landing with right leg crossed in front of left
- 11-12 Pivot on both feet one full turn to the left

SHUFFLE & ROCK STEPS

- 13&14 Shuffle step forward (right left right)
- 15-16 Left foot rock step forward, rock back onto right foot
- 17&18 Shuffle step backward (left right left)
- 19-20 Right foot rock step backward, rock forward onto left foot
- 21&22 Shuffle step forward (right left right)
- 23-24 Left foot stomp together, right foot touch beside left foot

OUT-OUT, IN-IN, OUT-OUT, IN-IN (STAY ON THE BALLS OF YOUR FEET)

- 25& Right foot step back and to right, left foot step back and to left
- 26& Right foot step back and to center, left foot step together
- 27& Right foot step back and to right, left foot step back and to left
- 28& Right foot step back and to center, left foot step together

SIDE STEPS WITH HIPS

- 29-30 Right foot step wide to right, left foot slide together (slight turn to left when done)
- 31-32 Right hip bump to right twice
- 33-34 Left foot step wide to left, right foot slide together (slight turn to right when done)
- 35-36 Left hip bump to left twice

MARCH & HIPS

- 37-40 March 4 steps making a half turn to the right (right left right left)
- 41-44 Right hip bump to right twice, left hip bump to left twice
- 45-48 Roll hips in two complete circles

CAMEL WALKS (DIAGONAL VINES)

- 49-50 Right foot step forward to right, left foot cross behind right foot
- 51-52 Right foot step forward to right, left foot scuff beside right foot
- 53-54 Left foot step forward to left, right foot cross behind left foot
- 55-56 Left foot step forward to left, right foot touch beside left foot

1-¾ SPIN WHILE MOVING BACKWARD

- 57 Right foot step backward with ¼ turn to the right
- 58 Left foot step to right, crossing in front of right leg, with ½ turn to the right
- 59 Right foot step to left, crossing behind left leg, with ½ turn to the right
- 60 Left foot step to right, crossing in front of right leg, with ½ turn to the right

REPEAT

THE LAST 4 BEATS MAY BE SIMPLIFIED AS FOLLOWS:

57-58 Right foot step backward, left foot step backward with ¼ turn to the left

59-60 Right foot step together, left foot step to left

There are two "inserts" in this dance.

INSERT #1

1-2 With feet together, hop forward and back.

3&4 With feet together, hop forward three times.

&5 With feet together, hop back and forward

6-8 Pause with attitude

(If you can do a 2-foot stomp on each hop, it has a great effect!)

INSERT #2

1-2 Right foot step forward, ¼ turn to the left

3&4 Three hip bumps (right left right)

5-6 Right foot step forward, ¼ turn to the left

7&8 Three hip bumps (right left right)

9-10 Pause with attitude

11-12 Continue pause with attitude

13 Right foot cross over left foot, landing on right toe

14-16 Pivot on both feet a full turn to the left

Now we get to the tricky instructions. The first 8 beats of guitar strums (right after the voice on the recording of "Outta Here" by Shania Twain says "3-4-5") are counted as 1 through 8. When you finish counting off 5-6-7-8, begin dancing.

Wall 1: Beats 1-60 of the main dance

Wall 2: Beats 1-60 of the main dance

Wall 3: Beats 1-24 of the main dance

Insert #1

Beats 29-60 of the main dance

Wall 4: Beats 1-24 of the main dance

Insert #2

Beats 1-60 of the main dance

Wall 5: Beats 1-28 of the main dance

Insert #1

Beats 29-60 of the main dance

Wall 6: Beats 1-24 of the main dance

Insert #2

Beats 1-60 of the main dance

Wall 7: Beats 1-48 of the main dance

Insert #1

Beats 11-16 of insert #2
