

The Brakeman Shuffle

拍數: 64 牆數: 4 級數: Beginner
編舞者: Lyn Cochrane (AUS)
音樂: Any Old Time - Alison Krauss & Union Station



- 1-2 Step backward right-left
3&4 Shuffle to the right side right-left-right
5-6 Step backward left-right
7&8 Shuffle to the left side left-right-left
- 9-10 Step forward right-left
11&12 Shuffle to the right side right-left-right
13-14 Step forward left-right
15&16 Shuffle to the left side left-right-left
- These 16 counts are intended to travel**
- 17-18 Rock/step right foot backward, rock forward onto left foot
19&20 Shuffle to the right side right-left-right
21-22 Rock/step left foot forward, rock backward onto right foot
23&24 Shuffle to the left side left-right-left, making $\frac{1}{4}$ turn left on count 24
- 25-26 Step right foot forward, make $\frac{1}{2}$ pivot turn left stepping weight forward onto left foot
27-28 Step right foot forward, brush left foot forward
29-30 Step left foot forward, make $\frac{1}{2}$ pivot turn right stepping weight forward onto right foot
31-32 Step left foot forward, brush right foot forward
- 33&34 Shuffle to the right side right-left-right
35 Step left foot beside right foot
36 Brush right foot forward and across in front to left
&37 Swing right foot around to step to right side step left beside right
38 Brush right foot forward and across in front of left
&39 Swing right foot around to step to right side push/bump hips to right
&40 Push/bump hips center, right
- 41&42 Shuffle to the left side left-right-left
43-44 Step right foot beside left, brush left foot forward and across in front of right
&45 Swing left foot around to step to left side step right foot beside left
46 Brush left foot forward and across in front of right
&47 Swing left foot around to step to left side push/bump hips to left
&48 Push/bump hips center, left
- 49-50 Rock/step right foot forward, rock backward onto left foot
51&52 Shuffle to the right side right-left-right
53-54 Rock/step left foot backward, rock forward onto right foot
55&56 Shuffle to the left side left-right-left
- 57-58 Step right foot forward, make $\frac{1}{4}$ pivot turn left transferring weight to left foot
59-60 Repeat previous pivot turn count 57-58
61-62 Step right foot forward, make $\frac{1}{2}$ pivot turn left stepping weight forward onto left foot
63-64 Step right foot beside left, step left foot in place

REPEAT

There is a slow string introduction to the suggested song. Wait for the tempo to pick up and start the dance as Allison sings "Any Old Time"
