Branson Shuffle



拍數: 36 牆數: 0 級數:

編舞者: Eileen S. Ronning (USA)

音樂: Branson Shuffle - John Davidson



HEELS SPLIT, TOES SPLIT

Split heels apart
Heels together
Toes split apart

4 Toes together (weight ends on left)

STEP, KICKS AND CLAPS

5 Step right foot in place

& Hop on right foot (raise right heel)

6 Kick left foot across, in front of right leg, and clap as you land on right heel

7 Step left foot in place

& Hop on left foot (raise left heel)

8 Kick right foot across in front of left leg and clap as you land on left heel

CROSS ROCKS, LEFT 1/4 TURN, TOUCH

9 Rock right foot forward, across in front of left foot

10 Rock back on left foot, in place 11 Step right foot next to left foot

Hold (weight on right)

13 Rock left foot forward, across in front of right foot

14 Rock back on right foot, in place 15 Step ¼ turn to the left on left foot

Touch right toe behind left heel, as you tilt left shoulder forward and down a little

4 BACK SCOOTS

17 Scoot back on left foot, left shoulder tilted and right toe touching, as in step 16

18-20 Repeat 17

RIGHT & LEFT VINES, HITCH AND SLAP

Step right to right sideCross left behind right

23 Step right to right side(raise right heel)

& Hop on right foot

24 Land on right heel, as you hitch (raise) left knee, and slap left knee with both hands

25 Step left to left side

Cross right behind left (with weight)Step left to left side (raise left heel)

& Hop on left foot

28 Land on left heel, as you hitch (raise) right knee, and slap right knee with both hands

2 FORWARD SHUFFLES, RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT

29&30 Shuffle forward right-left-right 31&32 Shuffle forward left-right-left

TOUCH, PIVOT 1/4 TURN LEFT, STOMPS, SLAPS

33 Touch forward with ball of right foot

34	Push off right foot, as you pivot ¼ turn left on left foot
34	r usir oil right root, as you pivot 1/4 turn left of left root
35	Stomp (down) right foot next to left foot, as you slap hands, palms facing (right palm brushes
	downward as left palm brushes upward, passing)
36	Stomp (down) left foot in place, as you slap hands, palms facing
If 4 back scoots	on counts 17-20 are too difficult, you may substitute walking backward rl rl

REPEAT