

Bcb Shuffle

拍數: 48 牆數: 2 級數: Improver
編舞者: Mack Apaapa (NZ) & Le-Anne Apaapa
音樂: You Got My Letter - Boz Scaggs



TOE-HEEL STRUTS FORWARD

- 1-2 Touch right toe forward, place right heel down
- 3-4 Touch left toe forward of right foot, place left toe down
- 5-6 Touch right toe forward, place right heel down
- 7-8 Touch left toe forward of right foot, place left toe down

SWITCH HEELS WITH QUARTER TURNS LEFT

- 9-10 Touch right heel forward, switch to place left heel forward and right foot back in place
- 11 Switch to place right heel forward and left back in place
- 12 While doing a quarter turn left, switch to place left heel forward and right back in place
- 13 Switch to place right heel forward and left back in place
- 14 Switch to place left heel forward and right back in place
- 15 Switch to place right heel forward and left back in place
- 16 While doing a quarter turn left switch to place left heel forward and right back in place

SWITCH, CLAP, STOMP, CLAP

- 17 Switch to place right foot forward and left back in place, clap
- 18 Stomp left foot beside right, clap
- 19 Stomp right foot forward, clap
- 20 Stomp left foot beside right, clap, keep weight on right foot

RIGHT BACK, ROCK FORWARD, LEFT TURNING CHA-CHA (½ turn)

- 21-22 Right step back, rock forward onto left
- 23&24 Turn ½ turn left while stepping right-left-right (cha-cha-cha)

BALL JACKS

- 25-26 Still facing forward, step left foot backward on 45 degrees left, touch right heel in place
- 27-28 Step on right foot (still in place), stomp left beside right
- 29-30 Still facing forward, step right foot backward on 45 degrees right, touch left heel in place
- 31-32 Step on left foot (still in place), stomp right beside left

CHICKEN

- 33 Step left toe to left side pointing the toes inward
- 34 Step right toe to right side pointing toes inward
- 35 Step left heel in place pointing toes outward
- 36 Step right heel in place pointing toes outward
- 37 Step left toe in place pointing the toes inward
- 38 Step right toe in place pointing toes inward
- 39-40 Step left foot back to normal position (center), close right beside left

BUTTERFLIES

- 41 Move heels outward opposite each other
- 42 Move toes outward opposite each other
- 43 Moves toes inward facing each other
- 44 Move heels together back to normal position
- 45-46 Stomp right foot slightly forward of left foot, clap

47-48

Stomp left foot beside right foot, clap

REPEAT
