

BJ Shuffle

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sharon Brizon (UK) - 1998
音樂: Blanket on the Ground - Billie Jo Spears



Intro: 8 counts on the word "window"

RIGHT SHUFFLE FORWARD, LEFT HIP BUMPS X 2

1&2 Step forward on right foot. Step left foot beside right. Step forward on right.
3&4 Bump hips left- right- left.
5-8 REPEAT Counts 1-4

SHUFFLE BACKWARDS X 4 (RIGHT, LEFT, RIGHT, LEFT)

9&10 Step back on right foot. Step left foot beside right. Step back on right.
11&12 Step back on left foot. Step right foot beside left. Step back on left.
13&14 Step back on right foot. Step left foot beside right. Step back on right.
15&16 Step back on left foot. Step right foot beside left. Step back on left.

STEP, SLIDE, CHA CHA CHA (R & L)

17-18 Step right to right side. Slide left next to right (weight on left).
19&20 Step right - left - right (on the spot)
21-22 Step left to left side. Slide right next to left (weight on right).
23&24 Step left- right- left (on the spot)

SIDE SHUFFLES (R & L)/STEP, ¼ TURN, ROCK & TOUCH

25&26 Step right to right side. Step left beside right. Step right to right side.
27&28 Step left to left side. Step right beside left. Step left to left side.
29-30 Make a 1/4 turn right, stepping right forward. Step left foot beside right.
31&32 Rock right to right side. Recover weight onto left. Touch right beside left.

REPEAT

TAG - After the 4th wall only, when you are facing 12 o'clock, dance the following 8 counts:

1 - 4 Walk forward right- left- right and kick left
5 - 8 Walk backward left- right- left and touch right

Then Restart the dance at the front wall.

This dance was choreographed by me during a P&O cruise around the Canaries in Oct. 1998, as a request by the featured guest star, Billy-Jo Spears. She asked to be taught the dance, and danced it!

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Last Update - 21st July 2016