

Dusty Foot Shuffle

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Paul McAdam (UK) - July 2009
音樂: In the Beginning - K'naan : (CD: Dusty Foot Philosopher)



Count In: Approximately 32 Counts Into Track On 18 Seconds

(1-8) Mambo Rocks, Right Shuffle

1&2 Rock left foot to left side, recover weight onto right foot, step left foot next to right
3&4 Rock right foot to right side, recover weight onto left, step right foot next to left
5&6 Rock back on left foot, recover weight onto right foot, step forward on left foot
7&8 Right shuffle forward

(9-16) Step Pivot ½ Turn, Shuffle Forward, 2x Shuffle ½ Turns

1,2 Step forward on left foot, pivot ½ turn right
3&4 Left shuffle forward
5&6 Make a ½ turn left and right shuffle back
7&8 Make a ½ turn left and left shuffle forward

(17-24) Points & Behind-Side-Cross X2 With ¼ Turn

1,2 Point right toe forward, point right toe to right side
3&4 Cross right foot behind left foot, step left foot to left side, cross right foot over left foot
5,6 Point left toe forward, point left toe to left side
7&8 Cross left foot behind right, make a ¼ turn right and step forward on right foot, step forward on left foot

(25-32) Step-Lock-Steps Forward X2, Step ½ Turn, 3 Forward Stomps

1,2& Step right foot to right diagonal, lock left foot behind right, step right foot to right diagonal
3,4& Step left foot to left diagonal, lock right foot behind left, step left foot to left diagonal
5,6 Step forward on right foot, pivot ½ turn left
7&8 Stomp right foot forward, stomp left foot forward, stomp right foot forward

Start Again And Enjoy!!
