

Shuffle Up

拍數: 32 牆數: 4 級數: Improver
編舞者: Maxwell (DE) - March 2011
音樂: Steppin' Stone - Scooter Lee



Start dancing after 16 counts

Side rock, crossing shuffle, side rock, behind - side - cross

1 -- 2 Rock side on right - Recover weight on left foot
3 & 4 Cross right over left foot, step left foot next to right and cross right over left foot
5 -- 6 Rock side on left - Recover weight on right foot
7 & 8 Cross left behind right foot, step right to right side and cross left over right foot

Step, 1/2 pivot left, coaster step, toe strut, shuffle forward

1 -- 2 Step forward on right foot - 1/2 turn left on both balls (6 :00)
3 & 4 Step back on left, step right foot next to left and step forward on left
5 -- 6 Step forward on right foot, set just tip toes - set down right heel
7 & 8 Shuffle forward (left - right - left)

Side, pivot 1/4 left, shuffle forward, rock forward, shuffle back turning 1/2 left

1 -- 2 Step right to right - 1/4 turn left on both balls (3:00)
3 & 4 Shuffle forward on (right - left - right)
5 -- 6 Rock forward on left foot - Recover weight on right foot
7 & 8 Shuffle back turning 1/2 left (left - right - left) (9 :00)

Rock cross, shuffle in place, rock forward, coaster cross

1 -- 2 Rock cross right over left foot - Recover weight on left foot
3 & 4 Shuffle in place on (right - left - right)
5 -- 6 Rock forward on left foot - Recover weight on right foot
7 & 8 Step back on left, step right next to left and cross left over right foot

Repeat
