

2 AM Shuffle

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner / Easy Intermediate
編舞者: Dianne Bishop (CAN) & Gloria Kirchner (CAN) - April 2012
音樂: Oh Lonesome You - Trisha Yearwood : (CD: Hearts In Armor)



Start on Vocals, 14 Counts from downbeat

CROSS SHUFFLES, ROCK RECOVER

1&2 Cross left over right, step side right, cross left over right
3-4 Rock side on right, recover on left
5&6 Cross right over left, step left side left, cross right over left
7-8 Rock side left, recover on right

SHUFFLE FORWARD, ½ TURN PIVOT, ¼ TURN SIDE SHUFFLE, ROCK RECOVER

9&10 Shuffle forward LRL
11-12 Touch R toe forward, pivot ½ turn L, Keeping weight on L
13&14 Turn ¼ turn L, as you side shuffle RLR
15-16 Rock back on L, recover on R

SIDE SHUFFLE, ROCK RECOVER ¼ TURN, 360 SPIN TURN, SHUFFLE

17&18,19, 20 Side shuffle LRL, Rock back on R making a ¼ turn right, recover on L
21-22 Stepping forward on R, spin 360 left on ball of R foot, step forward L
23&24 Shuffle forward RLR

HEEL SWITCHES, BALL CROSS ROCK, ¼ TURN SHUFFLE, SHUFFLE

25&26 Place L heel forward, quickly step down on L and place R heel forward
&27-28 Quickly step down on R, cross left over R, rock side R
29&30 Turn ¼ left as you shuffle forward LRL
31&32 Shuffle forward RLR

Repeat,

TAG: After second time through, facing back wall, add TAG

JAZZ BOXES

1-4 Cross L over R, step back R, Step side L, step together with R
5-8 Repeat counts 1-4

NOTE:

This dance can also be done to Neal McCoy's – The City Put The Country Back In Me (CD: Greatest Hits)
If this song is used there is no tag.