

Lido Shuffle

拍數: 64 牆數: 2 級數: Advanced
編舞者: Alan Birchall (UK) - May 2012
音樂: Lido Shuffle - Boz Scaggs : (CD: Silk Degrees & Various Compilation Albums)



Start: On Lyrics - Seconds: 7 - Count: 16 - BPM: 140

Note: Restarts Change Wall Faces

SIDE, BEHIND, SIDE, CROSS, BACK, SIDE, CROSS, SIDE CHASSE

1-2 Step Right To Right, Step Left Behind Right
&3-4 Step Right To Right, Cross Left Over Right, Step Back On Right
5-6 Left To Left, Cross Right Over Left
7&8 Step Left To Left, Step Right By Left, Step Left To Left

ROCK, RECOVER, ½ TRIPLE TURN, ROCK, RECOVER, WALK FORWARD

9-10 Rock Back On Right, Recover On Left
11&12 Make ½ Triple Turn Left Stepping Right, Left, Right 6:00
13-14 Rock Back On Left, Recover On Right
15-16 Walk Forward Left, Right

SIDE, BEHIND, SIDE, CROSS, BACK, SIDE, CROSS, SIDE CHASSE

17-18 Step Left To Left, Cross Right Behind Left
&19-20 Step Left To Left, Cross Right Over Left, Step Back On Left
21-22 Step Right To Right, Cross Left Over Right
23&24 Step Right To Right, Step Left By Right, Step Right To Right

ROCK, RECOVER, ½ TRIPLE TURN, ROCK, RECOVER, WALK FORWARD

25-26 Rock Back On Left, Recover On Right
27&28 Make ½ Triple Turn Right Stepping Left, Right, Left 12:00
29-30 Rock Back On Right, Recover On Left
31-32 Walk Forward Right, Left

Tag: During 6th Wall Add 'Jazz Jumps' Forward & Back Then Restart The Dance Facing 6:00

KICK BALL CROSS X 2, ROCK, RECOVER, BEHIND, ¼ STEP

33&34 Kick Right Foot Forward, Step Right By Left, Cross Left Over Right
35&36 Kick Right Foot Forward, Step Right By Left, Cross Left Over Right
37-38 Rock Right To Right, Recover On Left
39&40 Cross Right Behind Left, Making ¼ Turn Left Step Forward On Left, Step Forward On Right 9:00

FORWARD SHUFFLE, ¼ ROCK RECOVER, CROSS SHUFFLE, ¼ SHUFFLE

41&42 Step Forward On Left, Step Right By Left, Step Forward On Left
43-44 Making ¼ Turn Left Rock Right To Right, Recover On Left 6:00
45&46 Cross Right Over Left, Step Left To Left, Cross Right Over Left
47&48 Making ¼ Turn Left, Step Forward On Left, Step Right By Left, Step Forward On Left 3:00

Restart Here During 2nd Wall Facing 9:00

KICK FRONT, SIDE, SAILOR STEP, KICK FRONT, SIDE, BEHIND , ¼ STEP

49-50 Kick Right To Front, Kick Right To Side
51&52 Step Right Behind Left, Step Left To Left, Step Right In Place
53-54 Kick Left To Front, Kick Left To Side
55&56 Cross Left Behind Right, Making ¼ Turn Right Step Forward On Right, Step Forward On Left 6:00

FORWARD SHUFFLE, STEP, ½ PIVOT X 2

57&58 Step Forward On Right, Step Left By Right, Step Forward On Right
59-60 Step Forward On Left, ½ Pivot Right 12:00
61&62 Step Forward On Left, Step Right By Left, Step Forward On Left
63-64 Step Forward On Right, ½ Pivot Left 6:00

START AGAIN

Tag: At End Of 3rd Wall Repeat Last 16 Counts (Steps 49 – 64) Then Add 2 Walks & 'Jazz Jumps' Forward & Back

WALK FORWARD, 'JAZZ JUMPS' X 2

17-18 Walk Forward Right, Left
&19 Small Jump Forward Landing Right, Left,
&20 Small Jump Back Landing Right, Left

Restart The Dance Facing 6:00

Contact: Email: alan@alanbirchall.com - Website: <http://www.alanbirchall.com>

Choreographed: 18/05/2011

Dance Sheet Prepared By: Alan G. Birchall - BWDA and D&G Qualified Instructor

For bookings or information contact: Alan Tel: +44 (0) 1204 654503 (UK)

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