

Sideway Shuffle

拍數: 64 牆數: 2 級數: Advanced
編舞者: Kate Sala (UK) - August 2012
音樂: Sideway Shuffle - Joss Stone : (Album: The Soul sessions Vol. 2)



Start after 16 count Intro.

Step , Lock, Forward Lock Step, Step ½ Pivot Step, Out, Out, In, In.

1 2 Step forward on R. Lock step L behind R.
3 & 4 Step forward on R. Lock step L behind R. Step forward on R.
5 & 6 Step forward on L. Pivot ½ turn right. Step forward on L. (6:00)
& 7 & 8 Step R out to right side. Step L out to left side. Step R in to centre. Step L next to R.

Jump Kick, Step Hitch, Coaster Cross, Side Rock & Cross, Step Right, Rock Back, Recover, Step Left.

1 2 Small jump on R to right side low kicking L to left side. Small step back on L hitching R knee up.
3 & 4 Step back on R. Step L next to R. Cross Step R over L.
& 5 & 6 Side rock on L to left side. Recover on to R. Cross step L over R. Long step on R to right side.
7 & 8 Rock back on L. Recover on R. Long step on L to left side.*(Restart wall 3, 5).

Diagonally Jump Back on Right Kicking Left, Step, Shuffle, Mambo Step, Cross, Back, Side, Cross.

1 2 Facing back right diagonal jump back on R while kicking L forward, Step forward on L. (7:30)
3 & 4 Still facing diagonal step forward on R. Step L next to R. Step forward on R.
5 & 6 Rock forward on L. Recover on R. Step back on L.
& 7 & 8 Cross step R over L. Step back on L. Step R slightly back and to right side. Cross step L over R.

Step Right Bumping Hips, Left Diagonal Shuffle Forward, Kick, Turn To Front Wall Stepping Forward.

1 2 Step R to right side bumping hips right, left, right.
3 & 4 Bump hips left. Bump hips right,
5 & 6 Facing back left diagonal step forward on L. Step R next to L. Step forward on L.
7 8 Kick R forward to back left diagonal while starting to turn left. Turn to front wall stepping forward on R.

Side Rock, Recover, Hitch, Scissor Step, Syncopated Chasse Right.

1 & 2 Side rock on L to left side. Recover on to R. Hitch L knee up.
3 & 4 Step L to left side. Step R next to L. Cross step L over R.
5&6& Step R to right side. Step L next to R. Step R to right side. Step L next to R
7 & 8 Step R to right side. Step L next to R. Step R to right side.

Mambo With 1/4 Turn Left, Mambo With 1/4 Turn Right, Mambo ½ Turn Left, Triple Full Turn Left.

1 & 2 Rock forward on L. Recover on to R. Turn 1/4 left stepping forward on L. (9:00)
3 & 4 Rock forward on R. Recover on to L. Turn 1/4 right stepping forward on R. (12:00)
5 & 6 Rock forward on L. Recover on to R. Turn ½ left stepping forward on L. (6:00)
7 & 8 Turn ½ left stepping back on R. Turn ½ left stepping forward on L. Step forward on R.

Walk Forward x 2, Mambo Step, Walk Around Full Circle On Right, Left, Right, Left.

1 2 Step forward on L, R.
3 & 4 Rock forward on L. Recover on to R. Step back on L.
5678 Make a full circle walking around clockwise starting over R shoulder. Travelling behind you.

Low Kick Right & Rock Back, Recover, Low Kick Left & Rock Back, Recover. Step Pivot ½ Turn Left x 2.

1 &2& Low kick R forward. Step down on R. Rock back on L. Recover on to R. (6:00)
3 &4& Low kick L forward. Step down on L. Rock back on R. Recover on to L.
5 6 Step forward on R. Pivot ½ turn left. (12:00)
7 8 Step forward on R. Pivot ½ turn left. (6:00)

Note:-

There are 2 restarts both restarting facing the back wall.

Restart after 16 counts on walls 3 and 5.
