

The Zimmer Shuffle

COPPER KNOB
STEPPERS

拍數: 32 牆數: 0 級數: A/B Dance or Limited Mobility
編舞者: Joan Curtis (UK) - February 2013
音樂: Every Time Two Fools Collide - Kenny Rogers : (CD: The Best Of Kenny Rogers & Dottie West)



Begin on Count 16

Alt Music: Room Full Of Roses by Mickey Gilley. CD: 10 Years Of Hits
Beg: after the 4 strong beats

Section One: R Point Fwd, Side, Coaster, L Point Fwd, Side, Coaster

1 - 2 Point Right Toe Forward, Point Right Toe Side,
3 & 4 Step Right Back, Step Left Beside Right, Step Right Forward,
5 - 6 Point Left Toe Forward, Point Left Toe Side,
7 & 8 Step Left Back, Step Right Beside Left, Step Left Forward

Section Two: R Shuffle Fwd, L Shuffle Fwd, R Shuffle Back, L Shuffle Back

1 & 2 Step right forward, Close left beside right, Step right forward
3 & 4 Step left forward, Close right beside left, Step left forward,
5 & 6 Step right back, Close left beside right, Step right back
7 & 8 Step left back, Close right beside left, Step left back

Section Three: R Side Tog, R Chasse, L Side Tog, L Chasse

1 - 2 Step right to right, Step left beside right
3 & 4 Step right to right side, Close left beside right, Step right to right side
5 - 6 Step left to left side, Step right beside left
7 & 8 Step left to left side, Close right beside left, Step left to left side

Section Four: Fwd Mambo, Back Mambo, Heel Bounces x 4

1 & 2 Rock forward on right, rock back on left, Step right beside left
3 & 4 Rock back on left, Rock forward on right, Step left beside right
5 - 8 Raise and lower both heels x 4 times

Choreographers note: Can be danced normally, sitting down, or with an aid, (as I do).
Remember to keep steps small if limited mobility.

Hope you will like it and give it a try.

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