S.B.S. (Shuffle Boogie Soul) (zh)

Count: 48 **Wand:** 4 **Ebene:** Beginner
Choreograf/in: Ira Weisburd (USA) - 2010年08月
Musik: Honky Tonk - Preston Shannon : (CD: Midnight In Memphis, 1996)

第一段 Lindy R, Lindy L 右琳蒂(追步, 後下沉回復), 左琳蒂(追步, 後下沉回復)

1&2 Step R to R, Step-close L to R, Step R to R
右足右踏, 左足併踏, 右足右踏

3-4 Step back on L, Recover forward on R 左足後踏, 右足回復

5&6 Step L to L, Step-close R to L, Step L to L
左足左踏, 右足併踏, 左足左踏

7-8 Step back on R, Recover forward on L 右足後踏, 左足前踏

第二段 R Triple Step Forward, L Triple Step Forward, Rock (Forward, Back, Forward, Back) 前交換, 前交換, 前 後 前 後

1&2 Step forward on R, Step-close L to R, Step forward on R
右足前踏, 左足併踏, 右足前踏

3&4 Step forward on L, Step-close R to L, Step forward on L
左足前踏, 右足併踏, 左足前踏

5-6 Step forward on R, Recover back on L 右足前踏, 左足回復

7-8 Step forward on R, Recover back on L 右足前踏, 左足回復

第三段 R Triple Step Back, L Triple Step Back, Rock (Back, Forward, Back, Forward) 後交換, 後交換, 後 前 後 前

1&2 Step back on R, Step-close L to R, Step back on R
右足後踏, 左足併踏, 右足後踏

3&4 Step back on L, Step-close R to L, Step back on L
左足後踏, 右足併踏, 左足後踏

5-6 Step back on R, Recover forward on L 右足後踏, 左足回復

7-8 Step back on R, Recover forward on L 右足後踏, 左足回復

第四段 R Triple Step Forward, ½ Pivot Turn R; L Triple Step Forward, ½ Pivot Turn L 前交換, 踏 轉, 前交換, 踏 轉

1&2 Step forward on R, Step-close L to R, Step forward on R
右足前踏, 左足併踏, 右足前踏

3-4 Step forward on L, pivot ½ turn to R onto R (face 6:00 wall)
左足前踏, 右軸轉180度(面向6點鐘)

5&6 Step forward on L, Step-close R to L, Step forward on L
左足前踏, 右足併踏, 左足前踏

7-8 Step forward on R, pivot ½ turn to L onto L (face 12:00 wall)
右足前踏, 左軸轉180度(面向12點鐘)

第五段 Step To R, Clap, Step To L, Clap, Step To R, Clap, Step To L, Clap
右踏, 拍手, 左踏, 拍手, 右踏, 拍手, 左踏, 拍手

1-2 Step R to R, Clap hands 右足右踏, 拍手

3-4 Step L to L, Clap hands 左足左踏, 拍手

5-6 Step R to R, Clap hands 右足右踏, 拍手

7-8 Step L to L, Clap hands 左足左踏, 拍手

第六段 Temptations To R, Temptations With ¼ Turn To L.
下沉 回復 下沉 拍手, 下沉 回復 1/4下沉 拍手

1-2 Step R (diagonally forward) to R, Recover back on L
右足右斜前踏, 左足回復

3-4 Step R (diagonally forward) to R corner, Clap hands
右足右斜前踏, 拍手

5-6 Step L (diagonally forward) to L corner, Recover back on R
左足左斜前踏, 右足回復

7-8 Step L to L (making ¼ turn L) to face next wall, Clap hands.
左轉90度左足左踏, 拍手