

E Street Shuffle

拍数: 32 墙数: 2 级数: Beginner
编舞者: John Dowling (UK)
音乐: Dancing In the Dark - Bruce Springsteen



TOE STRUTS TWICE, SHUFFLE FORWARD, ROCK RECOVER

- 1-2 Touch right toe forward, lower right heel to floor
- 3-4 Touch left toe forward, lower left heel to floor
- 5&6 Step right forward, slide left next to right, step right forward
- 7-8 Rock forward on left, recover back onto right

TOE STRUTS TWICE, SHUFFLE BACK, ROCK RECOVER

- 1-2 Touch left toe back, lower left heel to floor
- 3-4 Touch right toe back, lower right heel to floor
- 5&6 Step left back, slide right next to left, step left back
- 7-8 Rock back on right, recover onto left

CHASSE ¼ TURN, ROCK RECOVER, SHUFFLE FORWARD, STEP PIVOT ½ TURN

- 1&2 Step right to right side, slide left next to right, step right to right side while turning ¼ turn left
- 3-4 Rock back on left, recover onto right
- 5&6 Step left forward, slide right next to left, step left forward
- 7-8 Step forward on right, pivot ½ turn left

WALK TWICE, SHUFFLE FORWARD

- 1-2 Walk forward stepping right, left
- 3-4 Step right forward, slide left next to right, step right forward
- 5&6 Rock forward on left, recover back onto right
- 7-8 Make a ½ turn over the left shoulder stepping left, right, left (facing 9:00)

REPEAT
