Oops I Slipped (P)



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音乐: I Slipped and Fell In Love - Alan Jackson



Position: Right Open Promenade (holding inside hands facing LOD)

MAN: KNEE ROLLS, ROCK, SIDE SHUFFLE; LADY: KNEE ROLLS, ROCK, SIDE SHUFFLE

1-2 **MAN:** Roll left knee to the left, roll right knee to the right

LADY: Roll right knee to the right, roll left knee to the left

3-4 **MAN:** Repeat 1-2

LADY: Repeat 1-2

5-6 **MAN:** Rock back on left, recover to right

LADY: Rock back on right, recover to left

7&8 MAN: Side shuffle making ¼ turn right - left, right, left

LADY: Side shuffle making 1/4 turn left - right, left, right

Counts 1-4 knee rolls can be substituted for hip bumps. Lady facing inside the circle, touch man's left hand and lady's right on count 8

SHUFFLES FORWARD, ROCK, ½ TURN SHUFFLE

9&10 MAN: Shuffle forward making ¼ turn left- right, left, right

LADY: Shuffle forward making a 1/4 turn right left, right, left

11&12 MAN: Side shuffle to left making ¼ turn right

LADY: Side shuffle to right making 1/4 turn left

Over counts 7-12 you will travel forward in LOD. Now facing each other man holding both hands

13-14 **MAN:** Rock back on right, recover to left

LADY: Rock back on left, recover to right

15&16 MAN: Right shuffle forward making ½ turn left

LADY: Left shuffle forward making ½ turn right

Man's right releases lady's left. Raise man's left arm, lady's right so lady turns under her own right arm. At this point man is on the outside facing into the circle, lady is on inside facing outside the circle

ROCK STEP, RECOVER, SHUFFLES, ROCK & CROSS

17-18 MAN: Rock back on left, recover weight to right

LADY: Rock back on right, recover weight to left

19&20 MAN: Left shuffle forward making ½ turn right

LADY: Right shuffle forward making ½ turn left

Lady turns under her own right arm

21-22 MAN: Rock back on right, recover weight to left

LADY: Rock back on left, recover weight to right

Rejoin double hand hold, facing each other, man on inside facing OLOD

23& MAN: Right rock to right side, step left in place

LADY: Left rock to left side, step right in place

24 MAN: Cross right over left

LADY: Cross left over right

WALK, HOLD, WALK, HOLD, SHUFFLE (TWICE)

Release man's left hand with lady's right

25-26 MAN: Make a ¼ turn left walk forward on left, hold

LADY: Make a 1/4 turn right and walk forward on right, hold

Now facing LOD in open promenade position, holding inside hands

27-28 MAN: Walk forward on right, hold

LADY: Walk forward on left, hold

29&30 MAN: Left shuffle forward

LADY: Right shuffle forward

31&32 MAN: Right shuffle forward

LADY: Left shuffle forward

REPEAT