Poor Boy Shuffle



编舞者: Vicki E. Rader (USA)

音乐: Poor Boy Shuffle - The Tractors



The song "Poor Boy Shuffle" has a very abrupt intro. Not much time for more than 2 counts (7,8) before the vocals begin. Also, the bridge can be omitted when dancing to other songs.)

ROCK-STEP, COASTER STEP, STEP-PIVOT 1/2, SHUFFLE

1-2	Rock forward o	n right foot: sten	back on left foot
1-4	I YOUR IOI Walu O	ni ngni ioot, sieb	Dack on len noon

3&4 Step back on right foot; step together with left foot; step forward on right foot

5-6 Step forward on left foot; pivot ½ right

7&8 Shuffle forward (left-right-left)

ROCK-STEP, COASTER STEP, STEP-PIVOT ½, SHUFFLE (REPEATING STEPS 1 THROUGH 8)

9-16 Repeat steps 1 through 8

ROCK RIGHT, ROCK LEFT, KICK TWICE, ROCK RIGHT, ROCK LEFT, KICK TWICE

17-18	Rock to right on right foot; rock to left on left foot
19-20	Kick right foot diagonally toward left twice

21-22 Rock to right on right foot; rock to left on left foot

23-24 Kick right foot diagonally toward left twice

VINE RIGHT, TOUCH LEFT, ROLLING VINE LEFT (FULL TURN), TOUCH RIGHT

25-26	Step right on right foot; step left foot behind right
27-28	Step right on right foot; touch left foot next to right

29-30 Step ¼ turn left on left foot; pivoting ¼ left on left foot, step right on right foot

31-32 Pivot ½ turn left on right foot; touch right foot next to left

JAZZ SQUARE WITH 1/4 TURN RIGHT, JAZZ SQUARE IN PLACE

33-34	Step right foot across left; step back on left foot
35-36	Step ¼ turn right on right foot; step left foot next to right
37-38	Step right foot across left; step back on left foot
39-40	Step back on right foot; step left foot next to right

LONG STEP FORWARD, SLIDE FORWARD, HOLD, STEP BACK, SLIDE, STEP BACK, SLIDE

41-42	Step long forward on right foot; begin sliding left foot forward toward right
43-44	Complete slide on left foot; hold the count (keeping weight on right foot)

45-46 Step back on left foot; slide right foot back to left foot

47-48 Step back on left foot; slide right foot back to left foot (keeping weight on left foot)

LONG VINE, ROCK LEFT

49-50	Step right foot to right; step left foot behind right
51-52	Step right foot to right; step left foot across right
53-54	Step right foot to right; step left foot behind right
55-56	Step right foot to right; rock left on left foot

CROSSING TRIPLE (IN FRONT), SIDE-TOGETHER-SIDE, CROSSING TRIPLE (BEHIND), SIDE-TOGETHER-SIDE

57&58	Step right foot across left and step left foot to left; step right foot across left
59&60	Step left foot to left and step right foot next to left; step left foot to left
61&62	Step right foot behind left and step left foot to left; step right foot behind left

REPEAT

16-COUNT BRIDGE

After the entire dance is repeated three times, there is an 80-count instrumental break. Repeat the entire dance once during the first 64 counts of the instrumental break and for the remaining 16 counts, add the following:

MONTEREY 1/4 TURNS (4)

1-2	Touch right toe to right; pivot ¼ right on left foot
3-4	Touch left toe to left; step together with left foot
5-6	Touch right toe to right; pivot 1/4 right on left foot
7-8	Touch left toe to left; step together with left foot
9-10	Touch right toe to right; pivot 1/4 right on left foot
11-12	Touch left toe to left; step together with left foot
13-14	Touch right toe to right; pivot 1/4 right on left foot
15-16	Touch left toe to left; step together with left foot

Then resume the dance