

Redneck Shuffle

拍数: 44 墙数: 0 级数:
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音乐: High-Tech Redneck - George Jones



Position: Cape (Sweetheart). Same feet

FOUR FORWARD SHUFFLES

- 1&2 Shuffle forward starting on right foot
- 3&4 Shuffle forward starting on left foot
- 5&6 Shuffle forward starting on right foot
- 7&8 Shuffle forward starting on left foot right kick ball change (2 times)

- 9&10 Kick right foot forward, step back to place on ball of right foot and quick change weight onto the ball of left foot
- 11&12 Kick right foot forward, step back to place on ball of right foot and quick change weight onto ball of left foot

PIVOT TURN ½ LEFT

- 13-14 Step forward on right foot, releasing right hands, pivot ½ turn to left & rejoin right hands. (weight is now on left foot) note: you are now facing RLOD.

RIGHT KICK BALL CHANGE (2 TIMES)

- 15&16 Kick right foot forward, step back to place on ball of right foot and quick change weight onto ball of left foot
- 17&18 Kick right foot forward, step back to place on ball of right foot and quick change weight onto ball of left foot

PIVOT TURN ½ LEFT

- 19-20 Step forward on right foot, releasing right hands, pivot ½ turn to left & rejoin right hands. (weight is now on left foot)

RIGHT VINE, HITCH, LEFT VINE, HITCH

- 21-24 Step right foot to right side. Step left foot behind right foot. Step right foot to side. Hitch left leg.
- 25-28 Step left foot to left side. Step right foot behind left foot. Step left foot to left side. Hitch right leg.

STEP, HITCH, STEP, HITCH

- 29-32 Step forward on right foot. Hitch left leg. Step forward on left foot. Hitch right leg.

3 STEPS BACK, HITCH

- 33-36 Step back on right foot, step back on left, step back on right, hitch left leg.

ROCKS (HIP BUMPS) HITCH

- 37-40 Rock forward on left foot twice. Rock back on right foot twice. Note: this movement is the same as bumping your left hip forward 2 times, right hip back 2 times.
- 41-42 Rock forward on left foot once. Rock back on right foot once. (again repeat the bump movement)
- 43-44 Rock forward on left foot (bump forward), hitch right leg.

REPEAT

