River Shuffle

拍数: 64

级数: Improver

编舞者: Arabelle Finney (USA)

音乐: Dance Above the Rainbow - Ronan Hardiman

As you shuffle forward and back and also as you weave left, right and shuffle, place hands on hips, with hands spread and thumbs in back

FOUR SHUFFLE STEPS FORWARD

Hands on hips. Pretend to walk a tightrope

1-8 Shuffle forward right, left, right, left, right, left, right, left, right and left, right, left

FOUR SHUFFLE STEPS BACKWARD

Hands on hips.

9-16 Turn ¼ turn to the right, shuffle right, left, right, turn ½ turn to the left, shuffle left, right, left, turn ½ turn to the right, shuffle right, left, right, turn ¼ turn to the left, shuffle, left, right, left

SIDE BEHIND, SIDE BEHIND, SIDE BEHIND, SHUFFLE

Left hand on left hip

- 17 Step right foot to right side while extending right hand to the right with palm out
- 18 Step left foot behind the right foot as you bend both knees, retract right hand back to right shoulder
- 19 Step right foot to right side while extending right hand to the right with palm out
- 20 Step left foot behind the right foot, as you bend both knees, retract right hand back to right shoulder
- 21 Step right foot to right side while extending right hand to the right with palm out
- 22 Step left foot behind the right foot as you bend both knees, place right hand on right hip
- 23-24 Shuffle right, left, right

SIDE BEHIND, SIDE BEHIND, SIDE BEHIND, SHUFFLE

Right hand on right hip

- 25 Step left foot to left side while extending left hand to the left with palm out
- 26 Step right foot behind the left foot as you bend both knees, retract left hand back to left shoulder
- 27 Step left foot to left side while extending left hand to the left with palm out
- 28 Step right foot behind left foot as you bend both knees, retract left hand back to left shoulder
- 29 Step left foot to left side while extending left hand to the left with palm out
- 30 Step right foot behind left foot as you bend both knees, retract left hand back to left hip
- 31-32 Shuffle left, right, left

14 TURN PADDLE STEP. 14 TURN PADDLE STEP, 14 TURN PADDLE STEP SHUFFLE

Left hand on left hip

- 33 Step forward on right foot while extending right hand to the right with palm out
- 34 Pivot on left foot ¼ turn left, retract right hand to right shoulder
- 35 Step forward on right foot, while extending right hand to the right with palm out
- 36 Pivot on left foot ¼ turn left, retract right hand to right shoulder
- 37 Step forward on right foot while extending right hand to the right with palm out
- 38 Pivot on left foot ¼ turn left, retract right hand to right hip
- 39&40 Shuffle right, left, right

1⁄4 TURN PADDLE STEP, 1⁄4 TURN PADDLE STEP, 1⁄4 TURN PADDLE STEP SHUFFLE Right hand on right hip

- 41 Step forward on left foot while extending left hand to the left with palm out
- 42 Pivot on right foot ¼ turn right, retract left hand to left shoulder





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- 43 Step forward on left foot while extending left hand to the left with palm out
- 44 Pivot on right foot ¼ turn right, retract left hand to left shoulder
- 45 Step forward on left foot while extending left hand to the left with palm out
- 46 Pivot on right foot ¼ turn right, retract left hand to left hip
- 47&48 Shuffle left, right, left

6 COUNT WEAVE LEFT, SHUFFLE

Hands on hips

- 49-54 Cross step right over left, step left to left side, cross step right behind left, step left to left side, cross step right over left, step left to left side
- 55&56 Shuffle right, left, right

6 COUNT WEAVE RIGHT, SHUFFLE

Hands on hips

- 57-62 Cross step left over right, step right to right side, cross step left foot behind right, step right to right side, cross step left over right, step right foot to right side
- 63&64 Shuffle left, right, left

REPEAT