

The Sefton Shuffle

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Chris Peel (UK)
音乐: The Tulsa Shuffle - The Tractors



Allow 4 bars intro. Begin on the word "music"

This dance is dedicated to all the beginners in Phil & Shirley's Friday class

HEEL/TOE TAPS, KICK-BALL CHANGE (RIGHT THEN LEFT). SIDE, TOGETHER, SIDE SHUFFLE

- 1-4 Tap right heel forward, touch right toe back, kick right forward - step right in place, step left together
- 5-8 Side step right, step left together, side step right - step left together, side step right
- 9-12 Touch left heel forward, touch left toe back, kick left forward - step left in place, step right together
- 13-16 Side step left, step right together, side step left - step right together, side step left

¼ TURN RIGHT, KICK, MOVING BACK: STEP BACK, KICK (X3)

- 17-20 Step ¼ turn right (on right), kick left forward, step back left, kick right forward
- 21-24 Step back right, kick left forward, step back left, kick right forward

Moving forward:

WALK, WALK, SHUFFLE FORWARD. PIVOT ½ TURN RIGHT, SHUFFLE FORWARD

- 25-28 Walk forward right, left shuffle forward right - left, right
- 29-32 Step forward left into pivot ½ right taking weight onto right, shuffle forward left - right, left

REPEAT