Shamrock Shake (P)

级数: Partner

编舞者: Jan Brown (USA) & Steve Brown (USA)

音乐: Tell Me Ma - Sham Rock

Position: Begin in side-by-side position. Same footwork for both.

- 1-2 Step forward with right. Kick left forward.
- 3&4 Cross left over right and shuffle (left-right-left).
- 5&6 Cross right over left and shuffle (right-left-right).
- 7-8 Step left forward, hold.

拍数: 40

- 9-10 Step forward with right and pivot turn $\frac{1}{2}$ to the left. (weight forward on left)
- 11-14 Walk forward right, left, right, left heel forward.
- 15&16 Bring left back to home, right next to left, step forward with left (coaster step)
- 17-18 Step right to right side, left behind right
- 19&20 Shuffle to right side (right-left-right)
- 21-22 Step left to left side, right behind left
- 23&24 Shuffle to the left (left-right-left)
- 25-26 Step forward with right, pivot turn $\frac{1}{2}$ to the left (weight on left)
- 27&28 Stomp forward, (right-left-right)
- 29-30 Touch left toe to back, scuff left forward
- Shuffle forward (left-right-left) 31&32

FOUR SHUFFLES, ONE COMPLETE TURN FOR BOTH, STARTING WITH RIGHT Release left hands

- 33-40 LADY: Four shuffles in place turning to the left, one full rotation
 - MAN: Four shuffles in place turning around lady moving to the right, one full rotation

REPEAT





墙数: 0