

Shuffle Town

拍数: 32 墙数: 4 级数: Beginner
编舞者: Carol Murray (CAN)
音乐: One Night - J.C. Jones



SIDE SHUFFLES, ROCK BACK/RECOVER

1&2 Right - step right, left - quick step to right foot, right - step right
3-4 Left - rock back, right - recover (weight ends on right foot)
5&6 Left - step left, right - quick step to left foot, left - step left
7-8 Right - rock back, left - recover (weight ends on left foot)

SIDE SHUFFLE, ROCK BACK/RECOVER

1-8 Repeat the above 8 counts

FORWARD SHUFFLES & ROCK STEPS

1&2 Right - step forward, left - quick step to right foot, right - step forward
3&4 Left - step forward, right - quick step to left foot, left - step forward
5-6 Right - rock forward, left - recover weight (weight ends on left foot)
7-8 Right - rock back, left - recover weight (weight ends on left foot)

ROCK STEPS, SHUFFLES BACK WITH ¼ TURN LEFT

1-2 Right - rock forward, left - recover weight (weight ends on left foot)
3&4 Right - step back, left - quick step to right foot, right - step back
5&6 Left - step back, right - quick step to left foot, left - step back
7-8 Right - rock back, left - recover with ¼ turn to the left (weight ends on left foot)

REPEAT
