Venga Bus Shuffle



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音乐: We Like To Party - Vengaboys



ROCK FORWARD, RECOVER, STEP HITCHES BACK

1-2 Rock forward on right. Rock back and recover weight onto left

&3 Hitch right leg. Step back on right foot

&4& Hitch left leg. Step back on left foot. Hitch right leg

ROCK BACK, RECOVER, RIGHT SHUFFLE FORWARD

5-6 Rock back on right foot. Rock forward and recover weight onto left

7&8 Step slightly forward on right, step left foot together, step slightly forward on right

HIP SWING LEFT & RIGHT, LEFT SAILOR STEP

9-10 Step to left on left foot and swing hips to left. Swing hips back to right (weight on right foot)

11&12 Cross-step left foot behind right. Step right foot beside left step left foot in place

HIP SWING RIGHT & LEFT, RIGHT SIDE SHUFFLE

13-14 Step to right on right foot and swing hips to right. Swing hips back to left (weight on left foot)

15&16 Step slightly to right, step left beside right, step slightly to right

CROSS ROCK, RECOVER, LEFT SIDE SHUFFLE

17-18 Cross rock left foot over right. Recover weight back onto right foot in place

19&20 Step slightly to left, step right beside left, step slightly to left

CROSS ROCK, RECOVER, RIGHT SIDE SHUFFLE

21-22 Cross rock right foot over left. Recover weight back onto left foot in place

Step slightly to right, step left beside right, step slightly to right

STEP TOGETHER, ROCK RIGHT, RECOVER, CROSS SHUFFLE

& Step left foot beside right

25-26 Rock to right on right foot. Recover weight back onto left foot in place

27&28 Cross step right foot over left. Step slightly to left on left foot. Cross step right foot over left

ROCK LEFT, RECOVER, TURN, LEFT SHUFFLE

29-30 Rock to left on left foot. Recover weight back on right foot making ¼ turn right

31&32 Step slightly forward on left foot. Step right beside left step slightly forward on left foot

REPEAT