Cruisin' Together



拍数: 40 墙数: 4 级数:

编舞者: Maureen Hearney (USA)

音乐: Cruisin' - Gwyneth Paltrow & Huey Lewis



WALK, WALK, 3 SHUFFLES FORWARD

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1-2	Walk forward right.	ett

3&4 Shuffle forward right, left, right
5&6 Shuffle forward left, right, left
7&8 Shuffle forward right, left, right

ROCK FORWARD AND BACK, THREE 1/4 TURN SHUFFLES

1-2	Rock forward on left foot, rock back on right foot
3&4	Shuffle left, right, left while making a ¼ turn to the left
5&6	Shuffle right, left, right while making a 1/4 turn to the left
7&8	Shuffle left, right, left while making a 1/4 turn to the left

ROCK RIGHT, CROSS SHUFFLE, ROCK LEFT, CROSS SHUFFLE

1-2 Rock right to side, return weight to	eπ
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3&4 Cross right in front of left as you shuffle right, left, right

5-6 Rock left to side, return weight to right

7&8 Cross left in front of right as you shuffle left, right, left

4 TWINKLES FORWARD

1&2	Step diagonally forward to the right with right foot, step left next to right, cross step right over left
3&4	Step diagonally forward to the left with left foot, step right next to left, cross step left over right
5&6	Step diagonally forward to the right with right foot, step left next to right, cross step right over

7&8 Step diagonally forward to the left with left foot, step right next to left, cross step left over right

PADDLE 1/2 TURN TO THE LEFT

1-2	Keeping weight on left foot rotate to the left as you push your right foot to the floor
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3-8 Repeat for next six counts as you complete a ½ turn to the left

REPEAT