

Bear Foot Shuffle

拍数: 36 墙数: 2 级数: Intermediate
编舞者: Shuggie McCardle (UK) & Doreen Gray (UK)
音乐: Just Like New - Wynonna



CROSS UNWIND HALF TURN LEFT

- 1-2 Cross right foot over left foot, unwind a ½ turn to the left
- 3-4 Pause for one beat, clap hands
- 5-8 Repeat step 1-4

KICK BALL CHANGE, & TRIPLE STEPS FORWARD

- 9&10 Kick right foot forward, step down on right foot, change weight to the left foot
- 11&12 Repeat steps 9&10
- 13&14 Right forward shuffle (right, left, right)
- 15&16 Left forward shuffle (left, right, left)

JAZZ BOX WITH A ¼ TURN RIGHT, TWICE

- 17-20 Cross right foot over left, step back on left foot, step right making ¼ turn to the right, step left foot next right.
- 21-24 Repeat steps 17-20

SIDE TOUCHES, LEFT, AND RIGHTS

- 25-26 Touch right toe to the right side, right toe back in place
- 27-28 Touch left toe to the left side, left toe back in place

KICK BALL CHANGE, & TRIPLE STEPS FORWARD

- 29&30 Kick right foot forward, step down on foot, change weight to the left foot
- 31&32 Repeat steps 29&30
- 33&34 Right forward shuffle (right, left, right)
- 35&36 Left forward shuffle (left, right, left)

REPEAT
