"Raisin McCain" (aka The Palin Shuffle)

拍数: 32

墙数: 4

级数: Beginner

编舞者: Durline Melanson (CAN) - October 2008

音乐: Raisin' McCain - John Rich

(This is a 4 Wall Dance rotating in a Counter-Clockwise Circle.)

Step 1: Vine Right & Vine Left

- Step R to R side, Cross Step L behind R 1, 2
- 3, 4 Step R to R side, Touch L next to R
- 5, 6 Step L to L side, Cross Step R behind L
- 7,8 Step L to L side, Touch R next to L

Step 2: Vine Back

- 9 Step back on R foot
- 10 Step back on L foot
- 11 Step back on R foot
- Touch L next to R 12

Step 3: Vine Forward with 1/4 Counter-Clockwise Scuff Turn to L

- 13 Step forward on L foot
- 14 Cross R foot behind L moving forward and step R
- 15 Step forward on L foot
- 16 Scuff R heel, and turn on L foot to face L side

Step 4: 4 Toe Heels Forward

- Step forward on ball of R foot, Drop R heel down 17, 18
- 19, 20 Step forward on ball of L foot, Drop L heel down
- 21, 22 Step forward on ball of R foot, Drop R heel down
- 23, 24 Step forward on ball of L foot, Drop L heel down

Step 5: 4 Step Claps Backward

- 25, 26 Step diagonally back on R foot while raising L toe off floor then Clap
- 27, 28 Step diagonally back on L foot while raising R toe off floor then Clap
- Step diagonally back on R foot while raising L toe off floor then Clap 29,30
- 31, 32 Step diagonally back on L foot while raising R toe off floor then Clap

BEGIN DANCE AGAIN WITH STEP 1 FACING NEW SIDE - Enjoy!

