

C F Shuffle

拍数: 32 墙数: 4 级数: Beginner
编舞者: Colin B. Smith (UK) - April 2012
音乐: Movin' On Up (Cha Cha) - Ballroom Orchestra



ROCK STEP, SHUFFLE X 2

1-2 Rock forward on right, recover onto left
3&4 Step right back, step left beside right, step right back
5-6 Rock back on left, recover onto right
7&8 Step left forward, step right beside left, step left forward

ROCK STEP, SHUFFLE ½ TURN, ROCK STEP, COASTER STEP

1-2 Rock forward on right, recover onto left
3&4 Make ½ turn to right stepping right, left, right (6)
5-6 Rock forward on left, recover onto right
7&8 Step left back, step right beside left, step left forward

ROCK STEP, CROSS SHUFFLE X 2

1-2 Rock right to right side, recover onto left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock left to left side, recover onto right
7&8 Cross left over right, step right to right side, cross left over right

¼ TURN, STEP, COASTER STEP, WALK FORWARD, SHUFFLE

1-2 Make ¼ turn to left stepping right back, step left back
3&4 Step right back, step left beside right, step right forward
5-6 Walk forward left, right (NB. For a harder option, make a full turn to right)
7&8 Step left forward, step right beside left, step left forward
