

Just Shufflin'

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lesley Kidd (UK) - November 2013
音乐: Who's Been Sleeping in My Bed - Glenn Frey



Alternatives: Watcha Reckon by Josh Turner, Wake Me Up by Avicii

Section 1: Shuffle forward , shuffle forward, rocking chair

1&2 3&4 Step forward R, close L next to R, step forward R. Step forward L, close R next to L, step forward L
5 6 7 8 Rock forward R, recover weight onto L, rock back R, recover weight onto L

Section 2: ¼ turn, cross shuffle, step touch X2

1 2 3&4 Step forward R, make ¼ turn to L, cross R over L, step L to side, cross R over L
5-8 Step L to side, touch R beside L, step R to side, touch L beside R

Section 3: Side shuffle rock back X2

1&2 3 4 Step L to side, step R next to L, step L to side, rock back onto R, recover weight onto L
5&6 7 8 Step R to side, step L next to R, step R to side, rock back onto L, recover weight onto R

Section 4: ½ turn, shuffle forward, step kick X2

1 2 3&4 Step forward on L, make ½ turn, step forward L step R next to L, step forward L
5-8 Step R to side, kick L, step L to side, kick R

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