Fireball Shuffle

級數: High Beginner

編舞者: Jill Weiss (USA) - October 2014

音樂: Fireball (feat. John Ryan) - Pitbull

Begin on Lyrics (16 count intro)

拍數: 32

LINDY RIGHT, LINDY LEFT WITH ¼ TURN RIGHT

- 1&2-3-4 Side shuffle R-L-R, rock back on L, recover weight to R
- 5&6-7-8 Side shuffle L-R-L making ¼ turn R, rock back on R, recover weight to L (3:00)

SHUFFLE 1/4 TURN, THEN SHUFFLE ½ TURN, ROCK-RECOVER, KICK BALL CHANGE

- 1&2 Shuffle ¼ turn right R-L-R (6:00)
- 3&4 Continue to shuffle right ½ turn L-R-L (12:00)
- 5-6-7&8 Rock back on R, recover to L, kick right, step on right, step on left with weight (kick-ballchange)

(FOLLOWING 16 COUNTS ARE REPEATED ON THE FIRST WALL ONLY)

LINDY RIGHT, ¼ TURN LEFT, SHUFFLE FORWARD, ROCK RECOVER

1&2-3-4 Side shuffle R-L-R, rock back on L, recover weight to R beginning ¼ turn left to 9:00 (Note: Body naturally angles slightly to left as you recover weight to R – just complete the ¼ turn to 9:00 with the forward shuffle in the next 4 counts...)

5&6-7-8 Forward shuffle L-R-L (complete ¼ turn to 9:00 with shuffle), rock forward on R, recover to L

SHUFFLE BACK, ROCK RECOVER, STOMP FORWARD, HOLD (DO SOMETHING FUNKY)

1&2-3-4 Shuffle back R-L-R, rock back on L, recover to R

5-6-7-8 Stomp forward on L, hold for 3 counts, finish weight on L

IMPORTANT: The three count hold can be used to do something funky – hip rolls, shoulder shrugs, shimmy, hip bumps, body roll...etc...

FIRST TIME ONLY – REPEAT THE LAST 16 COUNTS OF THE DANCE FOR A TOTAL OF 48 COUNTS ON WALL 1, BEGIN WALL 2 FACING 6:00

(If you prefer to not have any Tags, start the dance after the first 16 counts of lyrics, total 32 count intro)

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牆數:4