Shaggin' Shuffle

拍數: 48

級數: Improver

編舞者: Rosie Multari (USA) - February 2016

- 音樂: Shamalamma Ding Dong Otis Day & The Knights
 - 或: Shama Lama Ding Dong Band of Oz

No Tags No Restarts

Alt.: Dancin & Shaggin by Boys Club & a Babe available on amazon.com

[1-8] Lindy Right, Rockin' Chair*

- 1& 2 Step R to right, Step L next to R, Step R to right
- 3, 4 Rock back on L, recover weight to R
- 5, 6 Rock forward on left, recover weight to R
- 7, 8 Rock back on L, recover weight to R

[9-16] Shuffle, 1/2 Pivot, Shuffle 1/2 Pivot

- 1& 2 Shuffle forward L, R, L
- 3, 4 Step forward R, pivot 1/2 turn left, changing weight to L
- 5& 6 Shuffle forward R, L, R
- 7, 8 Step forward L, pivot 1/2 turn right, changing weight to R

[17-24] Lindy Left, Rockin' Chair*

- 1& 2 Step L to left, Step R next to L, Step L to left
- 3, 4 Rock back on R, recover weight to L
- 5, 6 Rock forward on R, recover weight to L,
- 7, 8 Rock back on R, recover weight to L

[25-32] Shuffle, 1/2 Pivot Turn, Shuffle, 1/4 Pivot Turn

- 1&2 Shuffle forward R, L, R
- 3, 4 Step forward L, pivot 1/2 turn right, changing weight to R
- 5 & 6 Shuffle forward L, R, L
- 7, 8 Step forward R, pivot 1/4 turn left, changing weight to L (3 o'clock)

[33-40] Cross Weave, 1/4 Turn Touch, Diagonal Shuffles

- 1, 2 Step R over L, step L to left
- 3, 4 Step R behind L as you 1/4 turn right, flick L (6 o'clock)
- 5 & 6 Shuffle on the diagonal L, R, L
- 7 & 8 Shuffle on the diagonal R, L, R

[41-48] Syncopated Grapevine Left, Heel Switches, 1/4 Turn

- 1, 2 Step L to left side, cross R behind L
- & 3, 4 Step L to left side, quickly cross R in front of L, stomp L next to R
- 5& 6&7, 8 Touch R heel forward, step R next to L, touch L heel forward, step L next to R, Touch R heel forward, pivot 1/4 turn right on both the ball of L foot & R heel, weight remains in the left (9 o'clock)

Begin again!

*Choreographer's note: you can substitute two 1/2 pivot turns for the Rockin' Chairs (counts 5-8 and 21-24)

The dance starts on the vocals on every song, but the lead in varies. The Band of Oz version has a long intro, so you can either wait 80 counts (36 sec) or start sooner, waiting 32 counts (14 sec) but you will be dancing





牆數:4

before the full vocals start. With the Otis Day version, you start after 32 counts. With the Boys Club & a Babe song, you start after 32 counts.

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