Funky Shuffle

拍數: 32

級數: Beginner

編舞者: Jo Thompson Szymanski (USA) - May 2023

音樂: Double Dutch Bus (Radio Edit) - Frankie Smith

(Music can be faded at 3:20) – You can also do this dance to other songs! There are several other versions of this song, but this one phrases the best. Some of the other versions have a 32-count intro.

[1-8] WALK, WALK, WALK, KICK, BACK, BACK, BACK, TOUCH

1-4 Step R forward (1); Step L forward (2); Step R forward (3); Low kick forward with L (4)

5-8 Step L back (5); Step R back (6); Step L back (7); Touch R beside L (8)

[9-16] FULL CIRCLE R: WALK, WALK, TRIPLE STEP, WALK, WALK, TRIPLE STEP

Note: The next 8 counts travel in a full circle around to the right and finish back at home.

1-2 Step R forward (1); Step L forward (2)

3&4 Step R forward (3); Step L together (&); Step R forward (4)

5-6 Step L forward (5); Step R forward (6)

7&8 Step L forward (7); Step R together (&); Step L forward (8) 12:00

Non-turning option for counts 9-16:

Rock R to right (1); Recover on L (2); Triple in place R,L,R (3&4)

Rock L to left (5); Recover on R (6); Triple in place L,R,L (7&8)

[17-24] ROCK STEP, COASTER STEP, ROCK STEP, COASTER

1-2 Rock R forward (1); Recover on L (2)

3&4 Step R back (3); Step L together (&); Step R forward (4)

- 5-6 Rock L forward (5); Recover on R (6)
- 7&8 Step L back (7); Step R together (&); Step L forward (8)

[25-32] 1/4 PIVOT TURN L BOUNCE HEELS 3x, HEEL, TOGETHER, HEEL TOGETHER

1-4 Step R forward (1); Bounce both heels 3 times turning 1/4 left (end w/ weight on L) (2-4) 9:00

5-8 Touch R heel forward (5); Step R together (6); Touch L heel forward (7); Step L together (8)

Variations: Play around with counts 5-8 by doing variations of your own!

For example: You can do 4 quick heel switches:

Touch R heel forward (5); Step R together (&); Touch L heel forward (6); Step L together (&)

Touch R heel forward (7); Step R together (&); Touch L heel forward (8); Step L together (&)

BEGIN AGAIN! ENJOY!

Contra: Make lines facing, standing windows to start. Since this is a 4 wall dance, you will be interacting with the people in the line in front of you and behind you, so it works better with at least 4 lines. The people on the front row, back row and ends of the lines will occasionally have no partner but it still works! Have fun!

- 1-8 As you kick on count 4, touch hands with the people on either side of you (if possible)
- 9-16 Walk around the person to your right in the line facing you ending back at home (you can touch R hands as you walk around if you'd like)
- 17-24 Theses counts are done at home

25-32 Once you complete these 8 counts, you are still at home but facing a side wall.

Your new "partner" is now a different person to your right front diagonal and so forth on each wall.

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牆數:4