Stick Season Shuffle

拍數: 64

級數: Phrased Intermediate

編舞者: Rachelle Wieczorek (USA) - January 2024

音樂: Stick Season - Noah Kahan

Phrasing: A - A - B - A - (A) - A - A - A - A - B - A

Intro is 8 counts. Start with weight on RF and left toe pointed out to the left side

PART A: 32 counts

Shuffles Right, Forward+Turn, Forward, Left

- 1&2 Cross LF over right and shuffle right
- &3&4 RF comes out from behind L on &, shuffle forward R-L-R
- &5&6 LF comes out from behind R on &, 1/2 turn R shuffle L-R-L (6:00)
- Cross RF over left and shuffle left 7&8

Turn, Shuffle, Rock, Lock

- 1-2 Step back on LF turning 1/4 R (9:00), turn 1/2 R and step forward RF (3:00)
- 3&4 Shuffle forward L-R-L
- RF forward rock replace wt on LF, RF reverse lock step R-L-R (body angle to 4:30) 5-6,7&8

Rock, Shuffle, Walk, Rock

- LF back rock replace wt on RF 1-2
- 3-6 Shuffle forward L-R-L and R-L-R
- 7-8 LF forward rock replace wt on RF

Shuffle, Shuffle, Rock, Rock

- 1&2 LF reverse lock step L-R-L (body angle 1:30)
- 3&4 Shuffle R with 1/4 turn R (R-L-R to 6:00)
- LF cross rock to the right diagonal then replace weight on RF 5-6
- 7-8 LF side rock to the left, replace weight on RF and point LF on 8 as at start

PART B: 32 counts

Step, Point, Paddle Turn - Left

- Step LF diagonally across RF on & then point RF out to right side on 1 &1 Hold 2-4
- 5-8 Full Paddle Turn counter/anti-clockwise: slow 1/2 on 5-6 and slow 1/2 on 7-8

Step, Point, Paddle Turn - Right

- Step RF diagonally across LF on & and then LF out to left side on 1 &1
- 2-4 Hold
- 5-8 Full Paddle Turn clockwise: slow 1/2 on 5-6 and slow 1/2 on 7-8

[17-32] REPEAT Paddle Turns Left and Right

On the end 29-32, the tempo increases so do four quick 1/4 paddles for 5-6-7-8

 RESTART: As you start Wall 4, there are only 8 counts of instrumental then just RESTART PART A. • STYLING: The first two walls are very mellow so this can be smoother. After the first phrase change, the music has a POLKA feel, so the shuffles and rocks should feel have a bouncy feel. On the PART B, extend the arms to match the point of the toe to the side and to move with the paddle turns.

Contact: Email askrachelle@gmail.com





牆數:2