

Irish Shuffle

拍數: 43 牆數: 4 級數: Beginner
編舞者: Jérôme Ciurana (FR) - April 2025
音樂: musique traditionnelle folklorique irlandaise



Déscriptif : 32 counts from start or 17 sec do the dance at the end

[1-8] SHUFFLE DIAGONAL FORWARD RIGHT, SHUFFLE DIAGONAL FORWARD LEFT, SHUFFLE DIAGONAL FORWARD RIGHT, SHUFFLE DIAGONAL FORWARD LEFT

- 1&2 Step RIGHT forward in diagonal right, Step LEFT next to right, Step RIGHT forward in diagonal right
- 3&4 Step LEFT forward in diagonal left, Step RIGHT next to left, Step LEFT forward in diagonal left
- 5&6 Step RIGHT forward in diagonal right, Step LEFT next to right, Step RIGHT forward in diagonal right
- 7&8 Step LEFT forward in diagonal left, Step RIGHT next to left, Step LEFT forward in diagonal left

[9-16] JAZZ BOX CROSS, SIDE, & SIDE, & SIDE, & SIDE

- 1-2 Cross RIGHT over left, Step LEFT back
- 3-4 Step RIGHT to right side, Cross LEFT over right
- 5 Step RIGHT to right side
- &6 Step LEFT beside right, Step RIGHT to right side
- &7 Step LEFT beside right, Step RIGHT to right side
- &8 Step LEFT beside right, Step RIGHT to right side

arms : : on count &6 to 8 extending left arm and bend right arm at shoulder level

[17-24] 1/4TURN LEFT AND LEFT FORWARD, 1/4 TURN LEFT (STEP RIGHT TOGETHER), 1/2 TURN LEFT INTO CHASSE LEFT

- 1-2 1/4 turn left and step LEFT forward [9h], 1/4 turn left and step RIGHT beside left [6h]
- 3-4 1/2 turn left and step LEFT to left side {12h}, Step RIGHT beside left, Step LEFT to left sidegauche
- 5-6 Cross RIGHT over left, Step LEFT back
- 7-8 Step RIGHT to right side, Cross LEFT over right

[25-32] SWITCHES (POINT RIGHT SIDE, & POINT LEFT SIDE, & RIGHT HEEL FORWARD, & LEFT HEEL FORWARD, & 1/4 TURN LEFT AND POINT RIGHT BACK, & LEFT HEEL FORWARD, & STEP RIGHT FORWARD), HEEL SPLIT)

- 1& Point RIGHT to right side, Recover step RIGHT beside left
- 2& Point LEFT to left side, Recover step LEFT beside right
- 3& RIGHT heel forward, Recover step RIGHT beside left
- 4& LEFT heel forward, Recover step LEFT beside right
- 5& 1/4 turn left and point RIGHT back [9h], Recover step RIGHT beside left
- 6& LEFT heel forward, Recover step LEFT beside right
- 7&8 Step RIGHT forward, Push heels out, Recover heels to center

arms : on counts 1 to 8 hands on hips

SMILE WHEN YOU DANCE !!!!!!!

Les références des heures ne valent que sur le premier mur

Association spirit of country :

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<https://www.youtube.com/user/MrSPIRITOFCCOUNTRY>
