Mid-County Shuffle

拍數: 32

編舞者: Tony "Bootscooter" Wanko (USA)

音樂: Rip Off the Knob - The Bellamy Brothers

牆數:0

1-4 5-8	Right combination hook Touch left heel forward 12 o'clock (lean back, bend right knee a little), left foot home right toe
0.40	in back of left foot at 6 o'clock (lean forward, bend left knee a little) right foot home
9-12	Step forward left foot (**pivot turn ½ right), change weight to right foot, repeat turn
13-16	Stomp left foot twice, shuffle forward left foot, left, right, left
17-24	Shuffle for right, left, right left, right, left, right, left, right left, right, left (optional turns at this time)
25-32	Forward stroll (step forward diagonally right foot to 1:30 o'clock, lock left foot behind right foot, step forward diagonally again,) scuff left foot, forward stroll left foot step forward diagonally left foot to 10:30 o'clock, diagonally rock right foot behind left foot, step forward diagonally again, stomp right foot next to left foot
REPEAT	





級數: