

Poor Boy Shuffle Mixer (P)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 0 級數: Partner
編舞者: Michele Burton (USA) & Michael Barr (USA)
音樂: Poor Boy Shuffle - The Tractors



MAN'S FOOTWORK

SHUFFLE 3X, ¼ TOUCH, SIDE TOUCH

1&2 Shuffle forward (left, right, left)
3&4 Shuffle forward (right, left, right)
5&6 Shuffle forward (left, right, left)
7-8 Step right forward into ¼ turn left, touch left beside right

SIDE, TOUCH, ¼, ¼ BRUSH, CROSS & CROSS & CROSS, HOLD

1-2 Step left side left, touch right beside left
3-4 Step right into ¼ turn right, brush left over right into ¼ turn right on ball of right
5&6 Step left over right, step right side right, step left over right
&7-8 Step right side right, step left over right, hold

HEEL JACK, HEEL TOUCH, SIDE TOUCH, SIDE TOUCH

&1&2 Step back on right foot, touch left heel forward, step left in place, touch right beside left
&3-4 Step back on right foot, touch left heel forward, touch left beside right
5-8 Step left to left, touch right beside left, step right side right, touch left beside right

SHIMMY BACK, SHIMMY FORWARD

1-4 Step back on left and shimmy shoulders (leaning back)
5-8 Shimmy shoulders forward (leaning forward, weight right)

DO-SI-DO WITH YOUR PARTNER

1-4 Step forward left, right, cross left over right, step back on right
5-8 Step back left, right, left, right (angling left)

FORWARD TAP, SLAP TWICE, STEP CROSS STEP

1-4 Step forward left, touch right beside left, slap hands with partner twice
5-6 Step back on right, cross back left over right (angling back)
7-8 Step back on right, hold

GREAT GOSH SAKE, SLAP SLAP, CLAP CLAP

1-4 Lean back on right, shake hips while raising hands overhead (shake them too)
5-8 Slap hands twice on sides of legs, clap hands twice

ELBOW SHUFFLE, WALK 4 TIMES, CHANGE PARTNER

1&2 Shuffle forward (left, right, left) and hook right elbow with partner
3&4 Shuffle (right, left, right) with partner, making a ¼ revolution to RLOD
5-6 Step left forward, step right forward into ¼ turn right
7-8 Step left forward, step right forward into ¼ turn right

New partner is on the right

As the change happens, the man will step across LOD in front of his new partner meeting her on his right.

Adjust steps as needed

Say hi to your new partner and begin again

REPEAT

LADY'S FOOTWORK

SHUFFLE THREE TIMES, ¼ TOUCH, SIDE TOUCH

- 1&2 Shuffle forward right, left, right
- 3&4 Shuffle forward left, right, left
- 5&6 Shuffle forward right, left, right
- 7-8 Step left forward into ¼ turn, touch right beside left

SIDE, TOUCH, ¼, ¼ BRUSH, CROSS & CROSS & CROSS, HOLD

- 1-2 Step right side right, touch left beside right
- 3-4 Step left into ¼ turn left, brush right over left into ¼ turn left on ball of left
- 5&6 Step right over left, step left side left, step right over left
- &7-8 Step left side left, step right over left, hold

HEEL JACK, HEEL TOUCH, SIDE TOUCH, SIDE TOUCH

- &1&2 Step back on left foot, touch right heel forward, step right in place, touch left beside right
- &3-4 Step back on left foot, touch right heel forward, touch right beside left
- 5-8 Step right to right, touch left beside right, step left side left, touch right beside left

SHIMMY BACK, SHIMMY FORWARD

- 1-4 Step back on right and shimmy shoulders (leaning back)
- 5-8 Shimmy shoulders forward (leaning forward, weight left)

DO-SI-DO WITH YOUR PARTNER

- 1-4 Step forward right, left, right, cross left over right
- 5-8 Step back right, left, right, left (angling right)

FORWARD TAP, SLAP 2X, STEP CROSS STEP

- 1-4 Step forward right, touch left beside right, slap hands with partner twice
- 5-6 Step back on left, cross back right over left (angling back)
- 7-8 Step back on left, hold

GREAT GOSH SHAKE, SLAP SLAP, CLAP CLAP

- 1-4 Lean back on left, shake hips while raising hands overhead (shake them too)
- 5-8 Slap hands twice on sides of legs, clap hands twice

ELBOW SHUFFLE, WALK FOUR TIMES, CHANGE PARTNER

- 1&2 Shuffle forward right, left, right and hook right elbow with partner
- 3&4 Shuffle left, right, left with partner making a ¼ revolution to face LOD
- 5-6 Walk forward right, left on right diagonal
- 7-8 Walk forward right, left

New partner is on your left

As the change happens the lady will walk up to her new partner to her left. Adjust steps as needed.

Say hi to your new partner and begin again

REPEAT
