

Shadfly Shuffle

COPPER KNOB
STEPSHEETS

拍數: 72 牆數: 4
編舞者: Maureen Bruce-Payne (CAN)
音樂: Oh Susanna - Fort Nox



32 beat introduction, start on the 33rd beat. If using "Oh Susanna" do a 40 beat intro, steps 1-40; then start at beginning, continuing to end of dance. Last set will be facing head of hall and will end with limp hustle forward, shuffle back, shuffle back (do not turn on this last shuffle) execute a half reggae.

GRIND HEEL, STEP, ROCK RECOVER, BIRD VINE

- 1-4 Grind left heel forward with toe slightly in air rotating toe to left, step in place on right foot, rock back on left foot, step in place on right foot
- 5-8 Step on left foot, kick right foot forward. Step on right foot crossing it in front of left, step left foot in place

GRIND HEEL, STEP, ROCK RECOVER, BIRD VINE

- 9-12 Grind right heel forward with toe slightly in air and rotating toe to right, step in place on left foot, rock back on right foot, step in place on left foot
- 13-16 Step on right foot, kick left foot forward, step on left foot crossing it in front of right, step right foot in place

STEP FORWARD, ½ TURN, SHUFFLE IN PLACE

- 17-18 Forward on left foot, ½ turn to right on right foot
- 19&20 Shuffle: left, right, left

GRIND HEEL, STEP, ROCK RECOVER, BIRD VINE

- 21-24 Grind right heel forward with toe slightly in air and rotating toe to right, step in place on left foot, rock back on right foot, step in place on left foot
- 25-28 Step on right foot, kick left foot forward, step on left foot crossing it in front of right, step right foot in place

GRIND HEEL, STEP, ROCK RECOVER, BIRD VINE

- 29-32 Grind left heel forward with toe slightly in air rotating toe to left, step in place on right foot, rock back on left foot, step in place on right foot
- 33-36 Step on left foot, kick right foot forward. Step on right foot crossing it in front of left, step left foot in place

STEP FORWARD, ½ TURN, SHUFFLE IN PLACE

- 37-38 Forward on right foot, ½ turn to left on left foot
- 39&40 Shuffle: right, left, right

SAND STEP, SHUFFLE, SAND STEP, SHUFFLE STEPS

- 41-42 Point left toe to right instep, touching left heel to floor, point left toe to left
- 43&44 Shuffle in place left, right, left
- 45-46 Point right toe to left instep, touching right heel to floor, point right toe to right
- 47&48 Shuffle in place right, left, right

LIMP HUSTLE FORWARD, SHUFFLE BACK, SHUFFLE TURN

- 49-52 Step forward on left, step forward on right, step forward on left, brush right heel on flooring kicking forward

Bend knees and use a limping motion forward.

- 53&54 Shuffle back: right, left, right
- 55&56 Shuffle: ¼ turn to left on left, right, left

REGGAE BOX, REGGAE BOX

- 57-60 Cross right foot in front of left, step back on left foot, step right foot in place, step left foot in place
- 61-64 Cross right foot in front of left, step back on left foot, step right foot in place step left foot in place

TWIST RIGHT FOOT, KICK-BALL, CHANGE

- 65-68 With weight on left foot, twist right toe in, twist right toe out, twist right toe in, step on right foot
- 69&70 Left foot kick-ball-change: kick left foot forward, step down on ball of left foot, step weight on right
- 71&72 Left foot kick-ball-change: kick left foot forward, step down on ball of left foot, step weight to right

REPEAT
