

Shannan Shuffle

拍數: 54 牆數: 4 級數:
編舞者: Doug Lee
音樂: Hello There Baby - Shannan Campbell



KICK, KICK, CROSS, ROCK

- 1 Kick forward with the left foot
- & Bring the left foot back by bending the knee slightly
- 2 Kick forward with the left foot
- 3 Step back to the toe/ball of the left foot, crossed behind the right (the right heel lifts slightly)
- 4 Shift weight to the right foot as you lower the right heel (the left heel lifts slightly)

SIDE, ROCK, BACK, BACK

- 5 Step to the left side to the toe/ball of the left foot (raise right heel slightly)
- 6 Shift weight to the right foot as you lower the right heel (the left heel lifts slightly)
- 7 Step back to the toe/ball of the left foot crossed behind the right (raise right heel slightly)
- 8 Shift weight to the right foot as you lower the right heel (the left heel lifts slightly)

SIDE, ROCK, BACK, BACK

- 9 Step to the left side to the toe/ball of the left foot (raise right heel slightly)
- 10 Shift weight to the right foot as you lower the right heel (the left heel lifts slightly)
- 11 Step back to the toe/ball of the left foot crossed behind the right (raise right heel slightly)
- 12 Shift weight to the right foot as you lower the right heel (the left heel lifts slightly)

LEFT GRAPEVINE, CLAP

- 13 Step to the left side with the left foot
- 14 Step to the left side with the right foot, crossing behind the left
- 15 Step to the left side with the left foot
- 16 Stomp (up) beside the left foot with the right

No weight change. As you stomp, clap hands at chest level

KICK, KICK, CROSS, ROCK

- 17 Kick forward with the right foot
- & Bring the right foot back by bending the knee slightly
- 18 Kick forward with the right foot
- 19 Step back to the toe/ball of the right foot, crossed behind the left (the left heel lifts slightly)
- 20 Shift weight to the left foot as you lower the left heel (the right heel lifts slightly)

SIDE, ROCK, BACK, ROCK

- 21 Step to the right side to the toe/ball of the right foot (raise left heel slightly)
- 22 Shift weight to the left foot as you lower the left heel (the right heel lifts slightly)
- 23 Step back to the toe/ball of the right foot crossed behind the left (raise left heel slightly)
- 24 Shift weight to the left foot as you lower the left heel (the right heel lifts slightly)

SIDE, ROCK, BACK, ROCK

- 25 Step to the right side to the toe/ball of the right foot (raise left heel slightly)
- 26 Shift weight to the left foot as you lower the left heel (the right heel lifts slightly)
- 27 Step back to the toe/ball of the right foot crossed behind the left (raise left heel slightly)
- 28 Shift weight to the left foot as you lower the left heel (the right heel lifts slightly)

RIGHT GRAPEVINE, CLAP

- 29 Step to the right side with the right foot
- 30 Step to the right side with the left foot, crossing behind the right
- 31 Step to the right side with the right foot
- 32 As you stomp, clap hands at chest level)

KICK, KICK, ROCK, STEP

- 33 Kick forward with the right foot
- & Bring the right foot back by bending the knee slightly
- 34 Kick forward with the right foot
- 35 Step back to the toe/ball of the right foot, crossed behind the left (the left heel lifts slightly)
- 36 Step/rock forward to the left foot as you lower the left heel

The right heel is still extended back with the toe/ball touching the floor

SHUFFLE, SHUFFLE, STEP, PIVOT (½)

- 37&38 Shuffle forward right-left-right
- 39&40 Shuffle forward left-right-left
- 41 Step forward to the toe/ball of the right foot
- 42 Pivot ½ to the left off the toe/balls of both feet (weight ends on the left foot)

SHUFFLE, SHUFFLE, STEP, PIVOT (¼)

- 43&44 Shuffle forward right-left-right
- 45&46 Shuffle forward left-right-left
- 47 Step forward to the toe/ball of the right foot
- 48 Pivot ¼ to the left off the toe/balls of both feet (weight ends on the left foot)

STEP, PIVOT (½) CROSS, BACK, SIDE, STOMP/CLAP

- 49 Step forward to the toe/ball of the right foot
- 50 Pivot ½ to the left off the toe/balls of both feet (weight ends on the left foot)
- 51 Step across in front of the left foot with the right
- 52 Step back with the left foot
- 53 Step slightly to the right side about 4-6 inches with the right foot
- 54 Stomp (up) with the left foot beside the right (no weight change)

As you stomp, clap hands at about chest level.

REPEAT
