

Sousa Shuffle

拍數: 48 牆數: 2 級數: Beginner
編舞者: Knox Rhine (USA)
音樂: Stars And Stripes Forever - John Philip Sousa



SHUFFLE FORWARD (RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT), STOMP, KICK

- 1 Step forward with right foot
- & Step together with left foot next to right foot
- 2 Step forward with right foot
- 3 Step forward with left foot
- & Step together with right foot next to left foot
- 4 Step forward with left foot
- 5 Stomp (up) with right foot next to left foot
- 6 Kick right foot forward

SHUFFLE BACK (RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT), ROCK, STEP

- 7 Step back with right foot
- & Step together with left foot next to right foot
- 8 Step back with right foot
- 9 Step back with left foot
- & Step together with right foot next to left foot
- 10 Step back with left foot
- 11 Step back with right foot
- 12 Rock forward onto left foot

SHUFFLE FORWARD (RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT), STOMP, KICK

- 13 Step forward with right foot
- & Step together with left foot next to right foot
- 14 Step forward with right foot
- 15 Step forward with left foot
- & Step together with right foot next to left foot
- 16 Step forward with left foot
- 17 Stomp (up) with right foot next to left foot
- 18 Kick right foot forward

SHUFFLE BACK (RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT), ROCK, STEP

- 19 Step back with right foot
- & Step together with left foot next to right foot
- 20 Step back with right foot
- 21 Step back with left foot
- & Step together with right foot next to left foot
- 22 Step back with left foot
- 23 Step back with right foot
- 24 Rock forward onto left foot

POTTY SHUFFLE LEFT

- 25 Step across in front of left leg with right foot
- & Step to left side with left foot
- 26 Step across in front of left leg with right foot
- & Step to left side with left foot
- 27 Step across in front of left leg with right foot

& Step to left side with left foot
28 Step across in front of left leg with right foot

STOMP, KICK, CROSS, ½ TURN

29 Stomp (up) with left foot next to right foot
30 Kick left foot forward
31 Step across in front of right leg with left foot
32 Unwind ½ turn right on balls of both feet, end with weight on left foot

POTTY SHUFFLE LEFT

33 Step across in front of left leg with right foot
& Step to left side with left foot
34 Step across in front of left leg with right foot
& Step to left side with left foot
35 Step across in front of left leg with right foot
& Step to left side with left foot
36 Step across in front of left leg with right foot

STOMP, KICK, CROSS, ½ TURN

37 Stomp (up) with left foot next to right foot
38 Kick left foot forward
39 Step across in front of right leg with left foot
40 Unwind ½ turn right on balls of both feet, end with weight on left foot

RIGHT HEEL, ¼ TURN LEFT, LEFT HEEL, ¼ TURN RIGHT

41 Step forward with right heel
42 Pivot ¼ turn left on ball of left foot and heel of right foot, drop right toe down
43 Step forward with heel of left foot
44 Pivot ¼ turn right on ball of right foot and heel of left foot, drop left toe down

RIGHT TOE BACK, ½ TURN RIGHT, LEFT HEEL FORWARD, TOE DROP

45 Step back with toe of right foot
46 Pivot ½ turn right on balls of both feet, drop right heel down
47 Step forward with left heel
48 Drop left toe down.

REPEAT
