

Butt Shuffle

拍數: 32 牆數: 0 級數:
編舞者: Don Deyne (USA)
音樂: Wake Up Screaming - Gary Allan



This is a very slow, very slinky WCS rhythm. Use the slow tempo and allow the body to move with the music. I think there is another version of this song by Jim Lauderdale, who I also believe is the song writer.

Begin in 2nd position with weight on both feet, feet at about shoulder width

RIGHT "BUTT SHUFFLE", STIFF-LEGGED ROCK LEFT, RIGHT TOE

- 1& Bump hips right & bump hips left
- 2 Bump hips right
- 3 Push off with right foot rocking up on to left with legs remaining straight
- 4 Point right toe to side (where it was)

RIGHT SAILOR, LEFT BEHIND, SIDE RIGHT

- 5 Step right behind and to the left of the left foot (locked 1st)
- & Side step on to ball of left
- 6 Step together right
- 7 Step left behind and to the right of the right foot
- 8 Side step right to beginning position

LEFT "BUTT SHUFFLE", STIFF-LEGGED ROCK RIGHT, LEFT TOE

- 9&10 Bump hips left & bump hips right, bump hips left
- 11 Push off with left foot rocking up on to right with legs remaining straight
- 12 Point left toe to side (where it was)

"HEEL-TOE SHUFFLE" LEFT, RIGHT ACROSS, LEFT ACROSS

- 13& Step forward left & step with right toe just behind left heel (5th position)
- 14 Step forward left
- 15 Step right across and to the left of the left foot
- 16 Step left across right and to the right of the right foot

BACK RIGHT & SLIDE LEFT TO LOCKED 1ST

- 17& Step back right & slide left foot to right and across right foot
- 18& Step back right & slide left foot to right and across right foot
- 19& Step back right & slide left foot to right and across right foot
- 20 Step back right and rock on to the weighted right foot and lift left foot off floor - leg remains straight

ROCK LEFT, BACK RIGHT, ¼ ROCK LEFT, TOUCH RIGHT

- 21-22 Rock forward left, recover weight back on right
- 23-24 Pivot ¼ turn left and rock forward onto left, touch together right

SIDE RIGHT & SLIDE LEFT

- 25& Side step right & step together on ball of left
- 26& Side step right & step together on ball of left
- 27& Side step right & step together on ball of left
- 28& Side step right & step together on ball of left

RIGHT ACROSS, VINE LEFT

- 29-30 Step right across left, side step left
- 31-32 Step right behind left, side step left to beginning position

REPEAT
