Cajun Shuffle

級數: Improver

編舞者: Andreas Ehn (SWE)

音樂: Fais Do Do - Charlie Daniels

RIGHT LOCKSTEP, LEFT LOCKSTEP, SYNCOPATED WEAVE, ROCK & CROSS

- 1&2 Step right diagonally to right, lock left behind right, right diagonally to right
- 3&4 Step left diagonally to left, lock right behind left, left diagonally to left
- 5&6& Right to right, left behind right, right to right, cross left over right
- 7&8 Rock right to right, recover on left, cross right over left

LEFT LOCKSTEP, RIGHT LOCKSTEP, SYNCOPATED WEAVE, ROCK & CROSS

- 1&2 Step left diagonally to left, lock right behind left, left diagonally to left
- 3&4 Step right diagonally to right, lock left behind right, right diagonally to right
- 5&6& Left to left, right behind left, left to left, cross right over left
- 7&8 Rock left to left, recover on right, cross left over right

RIGHT CHASSE, RIGHT CHASSE ¼ LEFT X3 (STARTING BOX SHAPE)

- 1&2 Right to right, left beside right, right to right
- 3&4 Left to left ¼ turn left, right beside left, left to left
- 5&6 Right to right ¼ left, left beside right, right to right
- 7&8 Left to left ¼ left, right beside left, left to left

RIGHT ROCK ¼ LEFT & CROSS, LEFT ROCK & CROSS, ROCK STEP, BEHIND, SIDE, CROSS

- 1&2 Turn ¼ to left (completing box shape) as you rock right to right, recover on left, cross right over left
- 3&4 Rock left to left, recover on right, cross left over right
- 5-6 Rock right diagonally forward to right, recover on left
- 7&8 Step right behind left, step left to left, cross right over left

ROCK STEP, BEHIND, SIDE ¼ RIGHT, LEFT FORWARD, WALK, WALK, COASTER STEP

- 1-2 Rock left diagonally forward left, recover on right
- 3&4 Step left behind right, step right to right ¼ right, left forward
- 5-6-7&8 Walk right, walk left, back on right, left beside right, forward on right

ROCK STEP, LEFT SHUFFLE ½ LEFT, STEP TURN ½ LEFT, SWEEP TURN ½ LEFT, TOUCH

- 1-2-3&4 Rock left forward, recover on right, left forward making ½ turn left, right beside left, left forward
- 5-6-7-8 Forward on right, pivot ½ left (weight on left), sweep right in front of left making ½ left, touch right beside left

RIGHT MAMBO, LEFT MAMBO, SWAY, SWAY

- 1&2 Rock forward on right, recover on left, right beside left
- 3&4 Rock back on left, recover on right, left beside right
- 5-6 Sway hips to right, sway hips to left

REPEAT

RESTARTAfter second wall, dance first 30 counts, then:MODIFIED COASTER STEP31&32Back on right, left next to right, touch right beside left





拍數: 54

牆數:4

Restart