Shuffle Your Feet's



拍數: 32

牆數:4

級數: Improver

編舞者: Ingemar Kardeskog (SWE) - September 2005

音樂: Shuffle Your Feets - Black Rebel Motorcycle Club : (Album: Howl, ECS)



Section 1 Walk, Walk, Shuffle forward, Rock, Step, Triple 1/2 Turn right 1.2 Walk L forward, Walk R forward 3&4 Step L forward, & Close R beside L, Step L forward 5.6 Rock R forward, Recover to L 7&8 Turn 1/4 right stepping R to right side, & Close L beside R, Turn ¼ right stepping R forward Section 2 Pivot 1/2 right, Clap, Pivot 1/2 right, Clap, Rock, Step, Sailor 1/4 Turn left 1.2 Turn 1/2 right stepping L back, Hold and Clap. Easier option: Step L forward, Hold and Clap 3.4 Turn ½ right stepping R forward, Hold and Clap. Easier option: Step R forward, Hold and Clap 5.6 Rock L forward, Recover to R

7&8 Cross L behind R turning 1/4 turn left, & step R beside L, Step L slightly to left side. Section 3 Cross, Clap, & Step, Cross, Clap, Side Rock, Behind, Turn ¼ right, Step 1-2& Cross R over L, Hold and Clap hands, & Step L to left side 3-4 Cross R over L, Hold and Clap hands 5-6 Rock L to the left side, Recover to R 7&8 Step L behind R, & Turn 1/4 right stepping R forward, Step L forward Section 4 Step 1/2 Turn Step, Shuffle forward, Rock Step, Triple ¾ Turn right 1&2 Step R forward, & Turn 1/2 left onto L, Step R forward 3&4 Step L forward, & Close R beside L, Step L forward 5.6 Rock R forward, Recover to L 7&8 Turn 1/2 right stepping R slightly in place, & Close L beside R, Turn 1/4 stepping R slightly forward

Start again and Enjoy!

Music Suggestion: Sunshine in the rain by Bodies Without Organs [136 bpm] Note: Follow metronome rhythm between base drum and handclap at 148 bpm.