Country Train Shuffle



拍數: 32 牆數: 1 級數: Beginner

編舞者: Roland (Gutz) Gutzwiller (CH) - September 2007 音樂: Playin' Every Honky Tonk In Town - Heather Myles



Alt. Music suggestions

Trashy Woman (Dance Mix) by Confederate Railroad (144 bpm); (start after 32+32+16) Or 634-5789 by Trace Adkins (120 bpm) (start after 16 counts)

Start after 16 counts,

SHUFFLE RIGHT, ROCK STEP, SHUFFLE LEFT, ROCK STEP

1&2,3,4 R right, L next to R, R right, rock L behind R, recover on R L left, R next to R, L left, rock R behind L, recover on L

SHUFFLE FORWARD, 1/2 RIGHT, SHUFFLE FORWARD, 1/2 LEFT

1&2 R forward, L next to R, R forward

3,4 L forward, turn 1/2 right on L and R forward

5&6 L forward, R next to L, L forward

7,8 R forward, turn 1/2 left on R and L forward

R DIAG. RIGHT, L NEXT TO R, CLAP, CLAP, L DIAG. LEFT, R NEXT TO L, CLAP, CALP

1-4 R diagonally right, touch L next to R, clap, clap 5-8 L diagonally left, touch R next to L, clap, clap

R BACKWARDS, L BACKWARDS, CLAP, CLAP (x3)

& 1,2 R backwards, L backwards, clap & 3,4 R backwards, L backwards, clap

&5,6,7,8 R backwards, L backwards, clap, clap,

BEGIN AGAIN..... AND SMILE!