

Shuffle Your Feets

Count: 32

Wand: 4

Ebene: Improver east coast swing

Choreograf/in: Ingemar Kardeskog (SWE)

Musik: Shuffle Your Feet - Black Rebel Motorcycle Club



Follow metronome rhythm between base drum and handclap at 145 bpm. Intro 32 counts from first beat

WALK, WALK, SHUFFLE FORWARD, ROCK, STEP, TRIPLE ½ TURN RIGHT

- 1-2 Walk left forward, walk right forward
- 3&4 Step left forward, close right beside left, step left forward
- 5-6 Rock right forward, recover to left
- 7&8 Turn ¼ right stepping right to right side, close left beside right, turn ¼ right stepping right forward

PIVOT ½ RIGHT, CLAP, PIVOT ½ RIGHT, CLAP, ROCK, STEP, SAILOR ¼ TURN LEFT

- 1-2 Turn ½ right stepping left back, hold and clap. Easier option: step left forward, hold and clap
- 3-4 Turn ½ right stepping right forward, hold and clap. Easier option: step right forward, hold and clap
- 5-6 Rock left forward, recover to right
- 7&8 Cross left behind right turning ¼ turn left, step right beside left, step left slightly to left side

CROSS, CLAP, STEP, CROSS, CLAP, SIDE ROCK, BEHIND, TURN ¼ RIGHT, STEP

- 1-2& Cross right over left, hold and clap hands, step left to left side
- 3-4 Cross right over left, hold and clap hands
- 5-6 Rock left to the left side, recover to right
- 7&8 Step left behind right, turn ¼ right stepping right forward, step left forward

STEP ½ TURN STEP, SHUFFLE FORWARD, ROCK STEP, TRIPLE ¼ TURN RIGHT

- 1&2 Step right forward, turn ½ left onto left, step right forward
- 3&4 Step left forward, close right beside left, step left forward
- 5-6 Rock right forward, recover to left
- 7&8 Turn ½ right stepping right slightly in place, close left beside right, turn ¼ stepping right slightly forward

REPEAT
