The Shuffle



Count: 32 Wand: 4 Ebene:

Choreograf/in: Rick Bates (USA)

Musik: Singin' The Blues - The Kentucky Headhunters



HIP SWAYS, FORWARD SHUFFLES

1-4 Step slightly to the right on right foot with knees bent slightly, sway hips to the right, left, right,

left (weight ending on left)

5&6 Shuffle forward right, left, right 7&8 Shuffle forward left, right, left

HIP SWAYS, FORWARD SHUFFLE

9-12 Step slightly to the right on right foot with knees bent slightly, sway hips to the right, left, right,

left (weight ending on left)

13&14 Shuffle forward right, left, right 15&16 Shuffle forward left, right, left

ROCK STEP, SHUFFLE BACK, PIVOT, SHUFFLE FORWARD, STEP TURN

17 Rock step forward on the ball of right foot

18 Rock back onto left foot 19&20 Shuffle back right, left, right

& Pivot ½ turn to the left on ball of right foot

21&22 Shuffle forward left, right, left 23 Step forward on right foot

24 Pivot ½ turn to the left on ball of left foot

STOMP, STOMP, KNEE SLAPS, HAND CLAPS, STEP TURN

Stomp forward on right footStomp left foot next to right

27-28 Bend forward slightly and slap upper part of right knee with right hand and left knee with left

hand twice (slap both knees at the same time)

29-30 Clap hands together twice31 Step forward on right foot

32 Pivot ¼ turn to the left on ball of left foot

REPEAT