

# Tulsa Shuffle

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Nancy Morgan (USA)

Musik: The Tulsa Shuffle - The Tractors



---

## TWO SHUFFLES FORWARD WITH TWO QUARTERS TURNS TO LEFT

1&2-3&4 Shuffle forward - right, left, right; shuffle forward - left, right, left  
5-8 Step forward on left, turn to your left, step forward on left, turn to your left

## TWO SHUFFLES FORWARD WITH FOUR STOMPS

1&2-3&4 Shuffle forward - right, left, right; shuffle forward - left, right, left  
5-8 Stomp right foot forward, stomp left foot forward, step right foot back, step left foot back

## TOUCH AND CROSS, TOUCH AND CROSS, TOUCH AND CROSS, TOUCH AND CROSS

1-4 Step right toe out to right side, cross right foot in front of left as you step forward on right, step left toe out to left side, cross left foot in front of right as you step forward on left  
5-8 Step right toe out to right side, cross right foot in front of left as you step forward on right, step left toe out to left side, cross left foot in front of right as you step forward on left

## TWO RIGHT KICK-BALL-CHANGES, HIPS ROLLS ¼ TURN TO LEFT

1&2 Kick right foot forward, set right foot next to left and put left heel forward  
3&4 Repeat step 1&2  
5-8 Roll hips counter to the right two times as you turn a ¼ turn to left or step forward on right, turn 1/8 to left, step forward on right, turn 1/8 to left

**REPEAT**

---