

# J.R. Shuffle

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Mark Hood (UK)

Musik: Lucy - Jamie Ryan



## SAILOR STEP BEHIND SHUFFLE

- 1 Step right behind left
- & Step left to the left
- 2 Step right in place
- 3 Step left behind right
- & Step right to the right
- 4 Step left behind right

## SIDE SHUFFLE ¼, STEP PIVOT ½

- 5 Step right to the right with ¼ turn to the right
- & Step left beside right
- 6 Step right forward
- 7 Step forward left
- 8 Pivot ½ turn to the right

## SHUFFLE, SHUFFLE

- 9 Step forward left
- & Step right beside left
- 10 Step forward left
- 11 Step forward right
- & Step left beside right
- 12 Step forward right

Option: two ½ turning shuffles

## ROCK & ROCK, ROCK & ROCK, FORWARD COASTER STEP

- 13 Rock forward left
- & Rock right in place
- 14 Rock back left
- & Rock right in place
- 15 Step forward left
- & Step right beside left
- 16 Step back left

## ROCK & ROCK, ROCK & ROCK, COASTER STEP

- 17 Rock back right
- & Rock left in place
- 18 Rock forward right
- & Rock left in place
- 19 Step back right
- & Step left beside right
- 20 Step forward right

## SIDE STEP, TOGETHER, ROCK, ROCK

- 21 Step left to the left
- 22 Step right beside left
- 23 Rock left to the left

24 Rock right in place

**WEAVE**

25 Step left over right

26 Step right to the right

27 Step left behind right

28 Step right to the right

**KNEE POPS**

29 Pop left knee in

& Replace weight onto left

30 Pop right in

& Replace weight onto right

31 Pop left knee in

& Replace weight onto left

32 Pop right in

**REPEAT**

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