

Get Up & Shuffle

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Chris Cleevely (UK)

Musik: Harlem Shuffle - Bob & Earl



STEP LEFT, TOGETHER; STEP LEFT, TOGETHER; LEFT SIDE SHUFFLE; ¼ RIGHT, ROCK, RECOVER

- 1-2 Step left to left side, step right by left
- 3-4 Step left to left side, step right by left
- 5&6 Shuffle to the left side, stepping left/right/left
- 7-8 Making ¼ turn right, rock back on right, recover weight on left

FORWARD RIGHT SHUFFLE; WALK, WALK (OR FULL TURN); SLIDE, TOUCH; STEP, TOUCH

- 9&10 Forward right shuffle, stepping right/left/right
- 11-12 Walk forward on left, walk forward on right
- Or step forward on left & pivot full turn over right shoulder, step forward on right**
- 13-14 Take a large step on left diagonal, slide right towards left
- 15-16 Take a small step on left diagonal, touch right by left

RIGHT SIDE SHUFFLE; ½ TURN RIGHT, CLAP; ½ TURN RIGHT SIDE SHUFFLE; ½ TURN RIGHT, CLAP

- 17&18 Shuffle to the right side, stepping right/left/right
- 19-20 Pivot ½ turn right on ball of right foot, step left to left side & clap
- 21&22 Making ½ turn right shuffle to the right side, stepping right/left/right
- 23-24 Pivot ½ turn right on ball of right foot, step left to left side & clap

BACK RIGHT SHUFFLE; BACK LEFT SHUFFLE; WALK BACK RIGHT, WALK BACK LEFT; STEP FORWARD RIGHT, TOUCH LEFT BY RIGHT

- 25&26 Back right shuffle, stepping right/left/right
- 27&28 Back left shuffle, stepping left/right/left
- 29-30 Walk back right, walk back left
- 31-32 Step forward right, touch left by right

REPEAT
