

Heart Shaped Shuffle

Count: 48

Wall: 2

Level: Improver

Choreographer: Patti McDowell (USA) - December 2017

Music: Heart Shaped Locket - Brothers Osborne

or: any cha-cha type rhythm song



S1: SWAY OUT RIGHT, CROSS RIGHT OVER LEFT, TRIPLE STEP, SWAY OUT LEFT, CROSS LEFT OVER RIGHT, TRIPLE STEP

- 1 - 4 Sway out to side with right foot, cross right foot over left with a side triple step
- 5 - 8 Sway out to side with left foot, cross left foot over right with a side triple step

S2: SHUFFLE FORWARD, ROCK UP LEFT, SHUFFLE BACK, ROCK BACK RIGHT

- 1 & 2 Shuffle forward starting with right foot (right, left, right)
- 3 - 4 Rock forward on left foot, recover
- 5 & 6 Shuffle in place starting with left foot (left, right, left)
- 7 - 8 Rock back on right foot, recover

S3: TOUCH RIGHT HEEL 2x's, TRIPLE STEP, TOUCH LEFT HEEL 2 x's, TRIPLE STEP

- 1 - 2 Touch right heel forward 2 x's
- 3 & 4 Triple step, (right, left, right)
- 5 - 6 Touch left heel forward, 2 x's
- 7 & 8 Triple step, (left, right, left)

S4: JAZZ BOX ¼ LEFT, SAILOR SHUFFLE RIGHT & LEFT w/¼ TURN

- 1 - 4 Jazz box turning ¼ turn to the left
- 5 & 6 Right sailor step in place
- 7 & 8 Left sailor step turning 1/4 to the left

S5: SHUFFLE FORWARD, ROCK UP LEFT, SHUFFLE BACK, ROCK BACK RIGHT

- 1 & 2 Shuffle forward starting with right foot (right, left, right)
- 3 - 4 Rock forward on left foot, recover
- 5 & 6 Shuffle forward starting with left foot (left, right, left)
- 7 - 8 Rock back on right foot, recover

S6: TOUCH RIGHT HEEL FORWARD 2 x's, TRIPLE STEP, TOUCH LEFT HEEL FORWARD, 2 x's, TRIPLE STEP

- 1 - 2 Touch right heel forward 2 x's,
- 3 & 4 Triple step, (right, left, right)
- 5 - 6 Touch left heel forward 2 x's
- 7 & 8 Triple step (left, right, left)

NO TAGS OR RESTARTS

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