

# Shuffle Truffle

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Sue Korek (USA) - 29 November 2024

**Music:** I Had Some Help (feat. Morgan Wallen) - Post Malone

or: What Makes You Beautiful - One Direction



## Alternate Music:

What Makes You Beautiful (One Direction--11 September 2011), bpm= 125, Intro: 16 counts on lyric "Insecure..."

**No tags, no restarts**

**Intro: 32 counts**

### Section 1 (WALK, WALK, SHUFFLE RLR; ROCK L FORWARD, ROCK R BACK, ¼ TURN SHUFFLE LRL)

1-2 Step R forward, step L forward  
3&4 Shuffle forward RLR  
5-6 Rock L forward, rock R back  
7&8 Turn ¼ left and shuffle forward LRL

### Section 2 (ROCKING CHAIR, SHUFFLE RLR, SHUFFLE LRL)

1-2 Rock R forward, recover on L  
3-4 Rock R backward, recover on L  
5&6 Shuffle forward RLR  
7&8 Shuffle forward LRL

### Section 3 (FORWARD RIGHT RUMBA BOX WITH SHUFFLES)

1-2 Step R to right side, step L beside R  
3&4 Shuffle forward RLR  
5-6 Step L to left side, step R beside L  
7&8 Shuffle backward LRL

### Section 4 (ROCK FORWARD, SHUFFLE BACK RLR, ROCK BACK, SHUFFLE FORWARD LRL)

1-2 Rock R forward, recover on L  
3&4 Shuffle back RLR  
5-6 Rock L back, recover on R  
7&8 Shuffle forward LRL

**Enjoy the shuffle truffle!**

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**Last Update:** 6 Mar 2025

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