

J.R. Shuffle

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Mark Hood (UK)

Music: 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
