

D&L Shuffle

Count: 52

Wall: 4

Level: Intermediate

Choreographer: David Spreight & Lorraine Spreight

Music: Linda Lou - The Tractors



RIGHT CHASSE / ROCK RECOVER / ROLLING LEFT VINE

- 1&2 Step right to right side, step left beside right, step right to right side
- 3-4 Rock back on left foot, recover weight back on right
- 5-6 Step left ¼ turn left, step right forward ½ turn left
- 7-8 Step left back ½ turn left, touch right beside left

FORWARD SHUFFLE / STEP ¼ TURN / BACK SHUFFLE / ROCK RECOVER

- 9&10 Step right forward, step left beside right, step right forward
- 11-12 Step left forward ¼ turn right, step right beside left
- 13&14 Step left back, step right beside left, step left back
- 15-16 Rock back on right, recover weight on left

HEEL SWITCHES / HOLD / HEEL SWITCHES / ROCK RECOVER

- 17& Touch right heel forward, step right beside left
- 18& Touch left heel forward, step left beside right
- 19-20 Touch right heel forward, hold
- &21 Step right beside left, touch left heel forward
- &22 Step left beside right, touch right heel forward
- & Step right beside left
- 23-24 Rock forward on left, recover weight back on right

BACK HOLD / UNWIND HOLD / SIDE TOUCHES HOLD

- 24-26 Step left behind right foot, hold
- 27-28 Unwind ½ turn over left, hold
- 29& Touch right toe to right side, step right beside left
- 30& Touch left to to left side, step left beside right
- 31-32 Touch right toe to right side, hold

CROSS SHUFFLE / ROCK RECOVER / CROSS SHUFFLE / ROCK RECOVER

- 33&34 Cross right over left, step left beside right, cross right over left
- 35-36 Rock left to left side, recover weight back on right
- 37&38 Cross left over right, step right beside left, cross left over right
- 39-40 Rock right to right side, recover weight back on left

TRIPLE ½ TURN / ROCK RECOVER / TRIPLE ½ TURN / ROCK RECOVER

- 41&42 Step forward triple ½ turn on right/left/right
- 43-44 Rock back on left, recover weight on right
- 45&46 Step forward triple ½ turn on left/right/left
- 47-48 Rock back on right, recover weight on left

JUMP FORWARD / TAP HEELS X3

- &49 Step right forward, step left forward and slightly past right
- 50-51 Tap left heel, tap left heel
- 52 Tap left heel down and put weight onto left

REPEAT

