

# TJ Shuffle

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Chris Lane (UK) & Yvonne Anderson (SCO) - February 2025

**Musique:** Help Yourself - Tom Jones : (The Best Of Tom Jones)

ou: Bandstand Boogie - Scooter Lee



**Music:** (teach track) Help Yourself - Tom Jones (The Best Of Tom Jones),  
alt track, (It's a little faster and has a swing feel) Bandstand Boogie - Scooter Lee.

**Notes;** Start on vocal, no bridges, no tags, no restarts....you are welcome ha ha

**[1-8] WALK, WALK, RIGHT MAMBO, BACK, BACK, LEFT COASTER STEP**

1-2 Walk Forward R, Walk forward L [12]

3&4 Rock R forward, (&) Recover weight on L, Step R slightly back [12]

5-6 Walk Back L, Walk back R [12]

7&8 Step L back, (&) Step R beside left, Step L forward [12]

**[9-16] RIGHT SIDE, TOGETHER, SCISSOR STEP, LEFT SIDE TOGETHER, 1/4 LEFT SHUFFLE**

1-2 Step R to right, Close L beside right [12]

3&4 Step R to right, (&) Close L beside right, Cross R over left [12]

5-6 Step L to left, Close R beside left [12]

7&8 Step L to left, (&) Close R beside left, 1/4 turn left stepping L forward [9]

**[17-24] 1/8 CHARLESTON LEFT x 2**

1-2 Touch R forward, Turn 1/8 left stepping R back [7.30]

3-4 Touch L back, Step L forward

5-6 Touch R forward, Turn 1/8 left stepping R back [6]

7-8 Touch L back, Step L forward [6]

**[25-32] KICK OUT-OUT, HEELS, TOES, HEELS TO CENTRE, TURNING K STEP 1/4 RIGHT**

1&2 Kick R forward, (&) Step Right to right, Step Left to left [6]

3&4 Swing heels in, (&) Swing toes in, Swing heels to centre [6]

5&6& Step R forward, (&) Touch L beside right, Step L back, (&) Touch R beside L [6]

7&8& 1/4 turn right step R to side, (&) Touch L beside right, Step L to left, (&) Touch R beside left [12]

**REPEAT**