

# The Sheri Shuffle

**Compte:** 64

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Sheri Gay (CAN)

**Musique:** Same Thing Happened to Me - John Prine



## SHUFFLE LEFT & ROCK BACK

- 1&2 Left foot side, right foot together, left foot side  
3-4 Right foot back, left foot replace weight on the spot

## SHUFFLE RIGHT & ROCK BACK

- 5&6 Right foot side, left foot together, right foot side  
7-8 Left foot back, right foot replace weight on the spot

## FORWARD TOE-HEEL STRUTS

- 1-2 Left foot tap toe forward, left foot step heel down  
3-4 Right foot tap toe forward, right foot step heel down  
5-8 Repeat previous steps 1-4

## FORWARD & BACK SHUFFLES WITH ROCK STEPS

- 1-2 Left foot forward, right foot replace weight on the spot  
3&4 Left foot back, right foot together, left foot back  
5-6 Right foot back, left foot replace weight on the spot  
7&8 Right foot forward, left foot together, right foot forward

## VINE LEFT WITH ¼ TURN LEFT VINE RIGHT

- 1-4 Left foot side, right foot cross behind left, left foot side turning body ¼ left, right foot scuff heel together & clap hands  
5-8 Right foot side, left foot cross behind right, right foot side, left foot scuff heel together & clap hands

## MEXICAN HAT DANCE LEFT THEN RIGHT

- 1&2& Left foot heel tap forward, left foot together, right foot heel tap forward, right foot together  
3-4 Left foot heel tap forward twice  
&5 Left foot together, right foot heel tap forward,  
&6 Right foot together, left foot heel tap forward  
&7-8 Left foot together, right foot heel tap forward twice

## JAZZ BOX RIGHT THEN LEFT

- 1-4 Right foot cross over left, left foot back, right foot side, left foot scuff together  
5-8 Left foot cross over right, right foot back, left foot side, right foot scuff together

## SIDE SHIMMIES RIGHT THEN LEFT

- 1-4 Right foot steps side, shimmy shoulders while slowly transferring weight, left foot together & clap on 4th beat  
5-8 Repeat previous steps 1-4  
1-4 Left foot steps side, shimmy shoulders while slowly transferring weight, right foot together & clap on 4th beat  
5-8 Repeat previous steps 1-4

## REPEAT

Shoulder shimmies may be substituted for hip rolls or thrusts, body rolls or whatever you can make up.  
Enjoy!!

