

Shuffling On..

Compte: 48

Mur: 4

Niveau: Intermediate

Chorégraphe: Nancy Morgan (USA)

Musique: Lost In the Shuffle - Michael Peterson



RIGHT HEEL FORWARD, CROSS, FORWARD, TOE IN, OUT, ¼ RIGHT, STEP ½ TURN

- 1-2-3 Put right heel forward, cross right foot over left foot, put right heel forward
4-5 Point right toe in to left instep, put right heel next to left with toe pointing to right
6-7-8 Stomp right foot ¼ turn to right, step left foot forward, do a ½ turn to your right (shifting your weight to your right foot)

LEFT HEEL FORWARD, CROSS, FORWARD, TOE IN, OUT, ¼ LEFT, STEP ½ TURN

- 1-2-3 Put left heel forward, cross left toe over right foot, put left heel forward
4-5 Point left toe in to right instep, put left heel next to right with toe pointing to left
6-7-8 Stomp left foot ¼ turn to left, step right foot forward, do a ½ turn to your left (shifting your weight to your left foot)

STEP RIGHT, LEFT KNEE UP, THEN LEFT, THEN RIGHT, SWIVEL, SWIVEL ¼ LEFT

- 1-2 Step right foot to right side (shoulder width apart), bring left foot up and across right knee
3-4 Step left foot to left side (shoulder width apart), bring right foot up and across left knee
5-6 Step right foot to right side (shoulder width apart), bring left foot up and across right knee
7-8 Setting right foot down so that both of your knees are swiveling to the right, then swivel both feet to the left (you now will be facing ¼ turn to left of your starting wall)

SHUFFLE FORWARD RIGHT, STEP TURN ¾ TURN, SIDE SHUFFLE LEFT, COASTER STEP

- 1&2-3-4 Shuffle forward right, left, right, step forward on left and do a ¾ turn to right
5&6-7&8 Side shuffle left, right, left, then coaster step, back on right, left next to right, right foot forward

POINT LEFT TOE TO LEFT, CLAP, THEN RIGHT, LEFT, CROSS RIGHT OVER LEFT, HOLD, ½ TURN, HOLD

- 1-2 Point left toe out to left side and clap
&3 Quickly put left foot next to right as you quickly put your right toe to your right side
&4 Quickly put right foot next to left as you quickly put your left toe to your left side
&5-6 Quickly put left foot next to right as you quickly cross your right foot over your left, hold or clap
7-8 Turn ½ turn to your left, hold or clap

GRIND RIGHT HEEL FORWARD, COASTER STEP, GRIND LEFT HEEL ¼ TURN LEFT, COASTER STEP

- 1-2 Grind right heel forward (grinding heel from left to right)
3&4 Coaster step, step back on your right, put your left next to your right, put your right foot forward
5-6 Grind left heel forward (grinding heel from right to left)
7&8 Coaster step, step back on your right, put your left next to your right, put your right foot forward

REPEAT