

# 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**