

Friday Night Shuffle

Compte: 48

Mur: 4

Niveau: Improver

Chorégraphe: Nancy Morgan (USA)

Musique: The Hampster Dance Song - Hampton the Hampster



This is a very upbeat dance. Aerobics here we come! Melanie Cheever assisted me whether she thinks she did or not! But this is dedicated to my Friday night beginner class, who is always willing to try something new!

SHUFFLE FORWARD, FORWARD ROCK, SHUFFLE BACK, ROCK STEP

- 1&2 Shuffle forward - right, left, right
- 3-4 Rock forward on left and back on right
- 5&6 Shuffle back - left, right, left
- 7-8 Rock step - step back on right and forward on left

¼ TURN SHUFFLE, STEP, ¾ TURN, VINE TWO STEPS AND CROSS, STEP

- 1&2 Turn a ¼ turn to your right as you shuffle - right, left, right
- 3-4 Step forward on left, turn ¾ to your right (you should be facing your starting wall)
- 5-6 Step forward on left, step right behind left
- &7-8 Step back on left as you cross your right over your left, step left to left side

TWO (2) SAILOR SHUFFLES, FORWARD ROCK COASTER STEP

- 1&2 Sailor - step right behind left, step left to left side, step right foot slightly forward
- 3&4 Sailor - step left behind right, step right to right side, step left foot slightly forward
- 5-6 Rock forward on right and back on left
- 7&8 Coaster step - step back on right, back on left and forward on right

FORWARD ROCK COASTER STEP, HEEL AND HEEL AND STEP, ¼ TURN

- 1-2 Rock forward on left and back on right
- 3&4 Coaster step - step back on left, back on right and forward on left
- 5&6 Put right heel forward, put right next to left, put left heel forward
- &7-8 Put left next to right, step forward on right, turn ¼ turn to left (weight is on left)

STEP, LOCK, SHUFFLE FORWARD, FORWARD ROCK, SHUFFLE BACK

- 1-2 Step forward on right, slide left behind right
- 3&4 Shuffle forward - right, left, right
- 5-6 Rock forward on left and back on right
- 7&8 Shuffle back - left, right, left (weight is on left)

OUT, OUT, IN, IN, OUT, OUT, IN, IN, BACK ROCK, STOMP FORWARD RIGHT, LEFT

You will be doing these moves as you go back not forward

- &1 Step right out to right side, step left out to left side
- &2 Step right to middle, step left next to right
- &3 Step right out to right side, step left out to left side
- &4 Step right to middle, step left next to right
- 5-6 Rock back on right and forward on left
- 7-8 Stomp right foot forward, stomp left foot forward

REPEAT