

# D&L Shuffle

Compte: 52

Mur: 4

Niveau: Intermediate

Chorégraphe: David Spreight & Lorraine Spreight

Musique: Linda Lou - The Tractors



## RIGHT CHASSE / ROCK RECOVER / ROLLING LEFT VINE

- 1&2 Step right to right side, step left beside right, step right to right side  
3-4 Rock back on left foot, recover weight back on right  
5-6 Step left ¼ turn left, step right forward ½ turn left  
7-8 Step left back ½ turn left, touch right beside left

## FORWARD SHUFFLE / STEP ¼ TURN / BACK SHUFFLE / ROCK RECOVER

- 9&10 Step right forward, step left beside right, step right forward  
11-12 Step left forward ¼ turn right, step right beside left  
13&14 Step left back, step right beside left, step left back  
15-16 Rock back on right, recover weight on left

## HEEL SWITCHES / HOLD / HEEL SWITCHES / ROCK RECOVER

- 17& Touch right heel forward, step right beside left  
18& Touch left heel forward, step left beside right  
19-20 Touch right heel forward, hold  
&21 Step right beside left, touch left heel forward  
&22 Step left beside right, touch right heel forward  
& Step right beside left  
23-24 Rock forward on left, recover weight back on right

## BACK HOLD / UNWIND HOLD / SIDE TOUCHES HOLD

- 24-26 Step left behind right foot, hold  
27-28 Unwind ½ turn over left, hold  
29& Touch right toe to right side, step right beside left  
30& Touch left to to left side, step left beside right  
31-32 Touch right toe to right side, hold

## CROSS SHUFFLE / ROCK RECOVER / CROSS SHUFFLE / ROCK RECOVER

- 33&34 Cross right over left, step left beside right, cross right over left  
35-36 Rock left to left side, recover weight back on right  
37&38 Cross left over right, step right beside left, cross left over right  
39-40 Rock right to right side, recover weight back on left

## TRIPLE ½ TURN / ROCK RECOVER / TRIPLE ½ TURN / ROCK RECOVER

- 41&42 Step forward triple ½ turn on right/left/right  
43-44 Rock back on left, recover weight on right  
45&46 Step forward triple ½ turn on left/right/left  
47-48 Rock back on right, recover weight on left

## JUMP FORWARD / TAP HEELS X3

- &49 Step right forward, step left forward and slightly past right  
50-51 Tap left heel, tap left heel  
52 Tap left heel down and put weight onto left

## REPEAT

