

# Nancy Jo Shuffle (cha cha)

Compte: 40

Mur: 4

Niveau: High Beginner

Chorégraphe: Nancy & Jo - July 2014

Musique: Make Love to Me - Anne Murray : (Album: The Best So Far / Croonin')



## Alt. music:-

Pontoon by Little Big Town,

The Wanderer by Eddie Rabbitt (118 bpm)

Land of Enchantment by Michael Martin Murphey, (108 bpm)

He Drinks Tequila by Sammy Kershaw & Lorrie Morgan (127 bpm)

Baby's Got her blue jeans on by Mel McDaniel (105 bpm)

Write this Down by George Strait (124 bpm)

While learning the dance, I recommend Make Love to me.

(This dance can be done to almost any two step music) and many other songs just by changing the speed of the steps!

## Right foot lead

**Basic Cha Cha Pattern of shuffle forward right, rock recover, shuffle back left, rock recover**

1&2 Shuffle forward right-left-right

3 4 Rock forward on the left, recover on the right

5&6 Shuffle back left-right-left

7 8 Rock back on the right, recover on the left

**Shuffle forward, rock recover, Shuffle ½ turning left, Shuffle ½ turning left (total of 360 degree turn)**

1&2 Shuffle forward right-left-right

3 4 Rock forward on the left, recover on the right

5&6 Shuffle back left-right-left Turning ½ left (6:00)

7&8 Shuffle forward right-left-right Turning ½ left (12:00)

## Rock back recover, Shuffle forward

1 2 Rock back on left, recover right

3&4 Shuffle forward left-right-left

## Side rock recover and cross shuffle starting with the right then left

1 2 Rock right foot to the right side, recover on the left

3&4 Cross shuffle: cross right over left, step left to the side, cross right over left

5 6 Rock left foot to the left side, recover on the right

7&8 Cross shuffle: cross left over right, step right to the side, cross left over right

## Sways (RLRL)

1 - 4 Sway right, sway left, sway right, sway left (ending with weight on left)

## Jazz Box with ¼ turn right, Jazz Box in place

1 2 3 4 Cross right over left, step left back, turning ¼ Right step side on right, step left next to right (3:00)

5 6 7 8 Cross right over left, step back on left, step right, step left next to right

## Start over

line dance Nancy Jo 5/18/14

Contact: email: murrynick2@gmail.com

Last Update - 28th July 2014

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