

# A Halloween Mummy Shuffle (aka Pride and Joy)

**COPPERKNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Dolly Kingsley (USA) - October 2024  
音乐: The Mummy - Bob McFadden & Dor  
或: Pride and Joy - Marvin Gaye  
或: Blueberry Hill - Fats Domino  
或: Night Before Halloween - Bill Buchanan



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## S1: SIDE SHUFFLE, BACK ROCK RECOVER - R & L\*

1&2      Step R to right side [1], Step L next to R [&], Step R to right side [2]  
3-4      Rock Back on L [3], Recover weight Fwd on R [4]  
5&6      Step L to left side [5], Step R next to L [&], Step L to left side [6]  
7-8      Rock Back on R [7], Recover weight Fwd on L [8]

## S2: R FWD SHUFFLE, L FWD ROCK RECOVER, L BACK SHUFFLE, R BACK ROCK RECOVER

1&2      Step R Fwd [1], Step L next to R [&], Step R Fwd [2]  
3-4      Rock Fwd on L [3], Recover weight Back on R [4]  
5&6      Step L Back [5], Step R next to L [&], Step L Back [6]  
7-8      Rock Back on R [7], Recover weight Fwd on L [8]

## S3: (Repeat Section 1) SIDE SHUFFLE, BACK ROCK RECOVER - R & L\*

1&2      Step R to right side [1], Step L next to R [&], Step R to right side [2]  
3-4      Rock Back on L [3], Recover weight Fwd on R [4]  
5&6      Step L to left side [5], Step R next to L [&], Step L to left side [6]  
7-8      Rock Back on R [7], Recover weight Fwd on L [8]

## S4: TOE STRUTS R & L, JAZZ BOX WITH 1/4 TURN R

1-2      Touch R Toe Forward [1], Drop R Heel [2],  
3-4      Touch L Toe Forward [3], Drop L Heel [4],  
5-6      Step crossing R over L [5], Step Back on L [6]  
7-8      Step R to right side making 1/4 turn right [7], Step L slightly Fwd [8] (3:00)

\*A side shuffle with a rock and recover is also called a LINDY.

This dance was created to teach SHUFFLE with a ROCK RECOVER - sideways, forward, and back. As a teaching tool, we start with the slowest song, Blueberry Hill, and progress to the faster song, Pride and Joy. For Halloween, we use an even faster song, The Mummy. Night Before Halloween is another Halloween song used; we use a cut version so there are no tags or restarts for our beginners. See the Demo by DANCE! Picayune.

ENJOY!

See all of the dances from Miss Dolly and KK on Copperknob (Dolores Kingsley, Kristin Kingsley) and YouTube under @dollysdances6040; Dolly's Dances

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