Shuffle Truffle

拍数: 32	墙数: 4	级数: Beginner

编舞者: Sue Korek (USA) - 29 November 2024
音乐: I Had Some Help (feat. Morgan Wallen) - Post Malone
或: What Makes You Beautiful - One Direction

Alternate Music:
What Makes You Beautiful (One Direction--11 September 2011), bpm= 125, Intro: 16 counts on lyric "Insecure…"

No tags, no restarts
Intro: 32 counts

Section 1 (WALK, WALK, SHUFFLE RLR; ROCK L FORWARD, ROCK R BACK, ¼ TURN SHUFFLE LRL)

1-2	Step R forward, step L forward
3&4	Shuffle forward RLR
5-6	Rock L forward, rock R back
7&8	Turn ¼ left and shuffle forward LRL

Section 2 (ROCKING CHAIR, SHUFFLE RLR, SHUFFLE LRL)

1-2	Rock R forward, recover on L
3-4	Rock R backward, recover on L
5&6	Shuffle forward RLR
7&8	Shuffle forward LRL

Section 3 (FORWARD RIGHT RUMBA BOX WITH SHUFFLES)

1-2	Step R to right side, step L beside R
3&4	Shuffle forward RLR
5-6	Step L to left side, step R beside L
7&8	Shuffle backward LRL

Section 4 (ROCK FORWARD, SHUFFLE BACK RLR, ROCK BACK, SHUFFLE FORWARD LRL)

1-2	Rock R forward, recover on L
3&4	Shuffle back RLR
5-6	Rock L back, recover on R
7&8	Shuffle forward LRL

Enjoy the shuffle truffle!

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