

# The Macmillan Shuffle

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver line/contra dance  
编舞者: Phil Johnson (UK)  
音乐: Tall Ships - Greyhound Express



## Dance in contra-lines

### CHASSE RIGHT, ROCK BACK, RECOVER: CHASSE LEFT, ROCK BACK RECOVER

- 1&2      Step right to right side, step left next to right, step right to right side
- 3-4      Rock back on left behind right; recover weight forward on right
- 5&6      Step left to left side, step right next to left, step left to left side
- 7-8      Rock back on right behind left; recover weight forward on left

### RIGHT AND LEFT SHUFFLES FORWARD; ROCK FORWARD, RECOVER, SHUFFLE HALF TURN RIGHT

- 9&10      Step forward on right, step left next to right, step forward on right
- 11&12      Step forward on left, step right next to left, step forward on left
- 13-14      Rock forward on right, recover weight back on left
- 15&16      Shuffle half turn right stepping right, left, right

### LEFT AND RIGHT SAILOR STEPS ; WALK FORWARD AND BACK

- 17&18      Step left behind right, step right to right side, step on left in place; (place right arm along stomach and left arm along bottom of the back if you like)
- 19&20      Step right behind left, step left to left side, step on right in place; (place left arm along stomach and right arm along bottom of the back if you like)
- 21-22      Step forward on left, touch right beside left with a clap
- 23-24      Step backward on right, touch left beside right with a clap

### ROCK STEPS, HEEL SWITCHES AND CLAPS

- 25-26      Rock back on left, recover weight forward on right
- &27-28      Step on left beside right, rock back on right, recover weight forward on left
- 29&30      Dig right heel forward, step on right beside left, dig left heel forward
- &31&32      Step on left beside right, dig right heel forward, clap hands, clap hands (weight remains on left foot ready to start again)

## REPEAT

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