

# Shuffle Your Feets

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Improver east coast swing  
编舞者: Ingemar Kardeskog (SWE)  
音乐: Shuffle Your Feet - Black Rebel Motorcycle Club



Follow metronome rhythm between base drum and handclap at 145 bpm. Intro 32 counts from first beat

## WALK, WALK, SHUFFLE FORWARD, ROCK, STEP, TRIPLE ½ TURN RIGHT

1-2      Walk left forward, walk right forward  
3&4      Step left forward, close right beside left, step left forward  
5-6      Rock right forward, recover to left  
7&8      Turn ¼ right stepping right to right side, close left beside right, turn ¼ right stepping right forward

## PIVOT ½ RIGHT, CLAP, PIVOT ½ RIGHT, CLAP, ROCK, STEP, SAILOR ¼ TURN LEFT

1-2      Turn ½ right stepping left back, hold and clap. Easier option: step left forward, hold and clap  
3-4      Turn ½ right stepping right forward, hold and clap. Easier option: step right forward, hold and clap  
5-6      Rock left forward, recover to right  
7&8      Cross left behind right turning ¼ turn left, step right beside left, step left slightly to left side

## CROSS, CLAP, STEP, CROSS, CLAP, SIDE ROCK, BEHIND, TURN ¼ RIGHT, STEP

1-2&      Cross right over left, hold and clap hands, step left to left side  
3-4      Cross right over left, hold and clap hands  
5-6      Rock left to the left side, recover to right  
7&8      Step left behind right, turn ¼ right stepping right forward, step left forward

## STEP ½ TURN STEP, SHUFFLE FORWARD, ROCK STEP, TRIPLE ¼ TURN RIGHT

1&2      Step right forward, turn ½ left onto left, step right forward  
3&4      Step left forward, close right beside left, step left forward  
5-6      Rock right forward, recover to left  
7&8      Turn ½ right stepping right slightly in place, close left beside right, turn ¼ stepping right slightly forward

REPEAT