

# The Shuffle

拍数: 32      墙数: 4      级数:  
编舞者: Rick Bates (USA)  
音乐: Singin' The Blues - The Kentucky Headhunters



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## HIP SWAYS, FORWARD SHUFFLES

- 1-4            Step slightly to the right on right foot with knees bent slightly, sway hips to the right, left, right, left (weight ending on left)
- 5&6           Shuffle forward right, left, right
- 7&8           Shuffle forward left, right, left

## HIP SWAYS, FORWARD SHUFFLE

- 9-12           Step slightly to the right on right foot with knees bent slightly, sway hips to the right, left, right, left (weight ending on left)
- 13&14        Shuffle forward right, left, right
- 15&16        Shuffle forward left, right, left

## ROCK STEP, SHUFFLE BACK, PIVOT, SHUFFLE FORWARD, STEP TURN

- 17            Rock step forward on the ball of right foot
- 18            Rock back onto left foot
- 19&20        Shuffle back right, left, right
- &            Pivot ½ turn to the left on ball of right foot
- 21&22        Shuffle forward left, right, left
- 23            Step forward on right foot
- 24            Pivot ½ turn to the left on ball of left foot

## STOMP, STOMP, KNEE SLAPS, HAND CLAPS, STEP TURN

- 25            Stomp forward on right foot
- 26            Stomp left foot next to right
- 27-28        Bend forward slightly and slap upper part of right knee with right hand and left knee with left hand twice (slap both knees at the same time)
- 29-30        Clap hands together twice
- 31            Step forward on right foot
- 32            Pivot ¼ turn to the left on ball of left foot

## REPEAT

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