

# Shuffles Galore

拍数: 32      墙数: 1      级数: Beginner  
编舞者: Trish Bain (UK)  
音乐: Follow Me - Uncle Kracker



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## RIGHT SHUFFLE FORWARD, ROCK FORWARD ON LEFT, ROCK BACK ON RIGHT

1&2      Step forward right, close left beside right, step forward right  
3-4      Rock forward on left foot, rock back on right foot

## LEFT SHUFFLE BACK, ROCK BACK ON RIGHT, ROCK FORWARD ON LEFT

5&6      Step back left, close right beside left, step back left  
7-8      Rock back on right foot, rock forward on left foot

## TOE STRUTS FORWARD, RIGHT, LEFT, RIGHT, LEFT

9-10      Step forward on ball of right foot, drop right heel  
11-12      Step forward on ball of left foot, drop left heel  
13-14      Step forward on ball of right foot, drop right heel  
15-16      Step forward on ball of left foot, drop left heel

## SIDE SHUFFLES TO RIGHT WITH FORWARD ROCKS

17&18      Step to right side with right, close left beside right, step to right side with right  
19-20      Rock forward on left foot, rock back on right foot

## SIDE SHUFFLES TO LEFT WITH FORWARD ROCKS

21&22      Step to left side with left, close right beside left, step to left side with left  
23-24      Rock forward on right foot, rock back on left foot

## TOE STRUTS BACK, RIGHT, LEFT, RIGHT, LEFT

25-26      Step back on ball of right foot, drop right heel  
27-28      Step back on ball of left foot, drop left heel  
29-30      Step back on ball of right foot, drop right heel  
31-32      Step back on ball of left foot, drop left heel

**REPEAT**

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