

# J.R. Shuffle

**COPPERKNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Mark Hood (UK)  
音乐: Lucy - Jamie Ryan



## SAILOR STEP BEHIND SHUFFLE

1            Step right behind left  
&            Step left to the left  
2            Step right in place  
3            Step left behind right  
&            Step right to the right  
4            Step left behind right

## SIDE SHUFFLE ¼, STEP PIVOT ½

5            Step right to the right with ¼ turn to the right  
&            Step left beside right  
6            Step right forward  
7            Step forward left  
8            Pivot ½ turn to the right

## SHUFFLE, SHUFFLE

9            Step forward left  
&            Step right beside left  
10           Step forward left  
11           Step forward right  
&            Step left beside right  
12           Step forward right

Option: two ½ turning shuffles

## ROCK & ROCK, ROCK & ROCK, FORWARD COASTER STEP

13           Rock forward left  
&            Rock right in place  
14           Rock back left  
&            Rock right in place  
15           Step forward left  
&            Step right beside left  
16           Step back left

## ROCK & ROCK, ROCK & ROCK, COASTER STEP

17           Rock back right  
&            Rock left in place  
18           Rock forward right  
&            Rock left in place  
19           Step back right  
&            Step left beside right  
20           Step forward right

## SIDE STEP, TOGETHER, ROCK, ROCK

21           Step left to the left  
22           Step right beside left  
23           Rock left to the left

24 Rock right in place

**WEAVE**

25 Step left over right

26 Step right to the right

27 Step left behind right

28 Step right to the right

**KNEE POPS**

29 Pop left knee in

& Replace weight onto left

30 Pop right in

& Replace weight onto right

31 Pop left knee in

& Replace weight onto left

32 Pop right in

**REPEAT**

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