

# D&L Shuffle

拍数: 52      墙数: 4      级数: Intermediate  
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音乐: Linda Lou - The Tractors



## RIGHT CHASSE / ROCK RECOVER / ROLLING LEFT VINE

1&2      Step right to right side, step left beside right, step right to right side  
3-4      Rock back on left foot, recover weight back on right  
5-6      Step left ¼ turn left, step right forward ½ turn left  
7-8      Step left back ½ turn left, touch right beside left

## FORWARD SHUFFLE / STEP ¼ TURN / BACK SHUFFLE / ROCK RECOVER

9&10      Step right forward, step left beside right, step right forward  
11-12      Step left forward ¼ turn right, step right beside left  
13&14      Step left back, step right beside left, step left back  
15-16      Rock back on right, recover weight on left

## HEEL SWITCHES / HOLD / HEEL SWITCHES / ROCK RECOVER

17&      Touch right heel forward, step right beside left  
18&      Touch left heel forward, step left beside right  
19-20      Touch right heel forward, hold  
&21      Step right beside left, touch left heel forward  
&22      Step left beside right, touch right heel forward  
&      Step right beside left  
23-24      Rock forward on left, recover weight back on right

## BACK HOLD / UNWIND HOLD / SIDE TOUCHES HOLD

24-26      Step left behind right foot, hold  
27-28      Unwind ½ turn over left, hold  
29&      Touch right toe to right side, step right beside left  
30&      Touch left to to left side, step left beside right  
31-32      Touch right toe to right side, hold

## CROSS SHUFFLE / ROCK RECOVER / CROSS SHUFFLE / ROCK RECOVER

33&34      Cross right over left, step left beside right, cross right over left  
35-36      Rock left to left side, recover weight back on right  
37&38      Cross left over right, step right beside left, cross left over right  
39-40      Rock right to right side, recover weight back on left

## TRIPLE ½ TURN / ROCK RECOVER / TRIPLE ½ TURN / ROCK RECOVER

41&42      Step forward triple ½ turn on right/left/right  
43-44      Rock back on left, recover weight on right  
45&46      Step forward triple ½ turn on left/right/left  
47-48      Rock back on right, recover weight on left

## JUMP FORWARD / TAP HEELS X3

&49      Step right forward, step left forward and slightly past right  
50-51      Tap left heel, tap left heel  
52      Tap left heel down and put weight onto left

## REPEAT

