

# Blue Mountain Shuffle

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Pepper Siquieros (USA) - May 2008  
音乐: In the Blue Mountains - Pat Garrett



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## SWAY RIGHT-LEFT, SHUFFLE SIDE, ROCK, RECOVER, SHUFFLE ¼ TURN

1-2      Step right to side and sway hips right, sway hips to the left and rock weight to left  
3&4      Shuffle to right side stepping right to side, left next to right, right to side  
5-6      Cross rock left over right, recover onto right  
7&8      Shuffle to left side stepping left to side, right next to left, left into a ¼ turn left [facing 9:00]

## ROCK FORWARD, ROCK BACK, STEP FORWARD, PIVOT ½, SHUFFLE

1-2      Rock forward onto right, recover onto left  
3-4      Rock back onto right, recover onto left  
5-6      Step forward on right, pivot ½ turn left putting weight onto left  
7&8      Shuffle forward right, left, right [towards 3:00]

## ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, STEP, ¼ TURN, CROSS SHUFFLE

1-2      Rock forward onto left, recover back onto right  
3-4      Rock back onto left, recover onto right  
5-6      Step forward on left, pivot ¼ turn right putting weight onto right  
7&8      Cross left over right and shuffle to side stepping left, right, left

## SIDE, ROCK, RECOVER, SIDE, CROSS BEHIND, SIDE, CROSS ROCK

1-2      Step right to side, cross rock back onto left  
3-4      Recover to right, step left to side  
5-6      Cross right behind left, step left to side  
7-8      Cross rock right over left, recover back onto left [facing 6:00]

**REPEAT**

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