

# GB Shuffle (P) Rev.1

拍數: 32      牆數: 0      級數: Partner / Circle  
編舞者: Michael Schmidt (DE) - March 2017  
音樂: My Life For Country Music - CountryGabi



Alternatives:

American Love - Jake Owen [100 bpm] (03:15)

Eat Sleep Love You Repeat - Rodney Atkins [103 bpm] (02:30)

This Time - David Ball [109 bpm] (03:44)

Info: (Mainsong: 16 counts Intro) Start with Lyrics. Start in Promenade Position. Both facing LOD.

Opposite footwork unless otherwise stated.

## [1-8] Walk, Walk, Shuffle, Side, Together, Shuffle

1-2 M: Walk Right, Left

1-2 L: Walk Left, Right

3&4 M: Step Right forward, Step Left together, Step Right forward

3&4 L: Step Left forward, Step Right together, Step Left forward

5-6 M: Step Left side, Step Right together

5-6 L: Step Right side, Step Left together

7&8 M: Step Left forward, Step Right together, Step Left forward

7&8 L: Step Right forward, Step Left together, Step Right forward

## [9-16] Rock, Recover, Shuffle 1/2 Turn, Shuffle 1/2 Turn, Rock Back, Recover

1-2 M: Rock Right forward, Recover onto Left

1-2 L: Rock Left forward, Recover onto Right

3&4 M: ¼ Turn right stepping Right side, Step Left together, ¼ Turn stepping Right forward  
 (RLOD)

3&4 L: ¼ Turn left stepping Left side, Step Right together, ¼ Turn left stepping Left forward  
 (RLOD)

5&6 M: : ¼ Turn right stepping Left side, Step Right together, ¼ Turn stepping Left back  (LOD)

5&6 L: ¼ Turn left stepping Right side, Step Left together, ¼ Turn stepping Right back  (LOD)

7-8 M: Rock Right back, Recover onto Left

7-8 L: Rock Left back, Recover onto Right

Release hands on count 3; rejoin inside hands on count 7

## [17-24] Walk, Walk, Shuffle, Rock, Recover, Shuffle 1/2 Turn

1-2 M: Walk Right, Left

1-2 L: Walk Left, Right

3&4 M: Step Right forward, Step Left together, Step Right forward

3&4 L: Step Left forward, Step Right together, Step Left forward

5-6 M: Rock Left forward, Recover onto Right

5-6 L: Rock Right forward, Recover onto Left

7&8 M: ¼ Turn left stepping Left side, Step Right together, ¼ Turn left stepping Left forward  
 (RLOD)

7&8 L: ¼ Turn right stepping Right side, Step Left together, ¼ Turn stepping Right forward  
 (RLOD)

Release hands on count 7

## [25-32] Step, 1/4 Turn, Cross Shuffle, Side, Behind, 1/4 Turn Shuffle

1-2 M: Step Right forward, ¼ Turn left (Weight on Left)  (OLOD)

1-2 L: Step Left forward, ¼ Turn right (Weight on Right)  (ILOD)

3&4 M: Cross Right over Left, Step Left together, Cross Right over Left

3&4 L: Cross Left over Right, Step Right together, Step Left over Right

5-6 M: Step Left side, Cross Right behind Left

5-6 L: Step Right side, Cross Left behind Right

7&8 M:  $\frac{1}{4}$  Turn left stepping Left forward, Step Right together, Step Left forward □(LOD)

7&8 L:  $\frac{1}{4}$  Turn right stepping Right forward, Step Left together, Step Right forward □(LOD)

**Rejoin hands into Double Hand Hold Pos. on count 2, release front hands on count 7**

.... hold your girl, smile & have fun

**!! For the main song, please visit & contact [www.countrygabi.de](http://www.countrygabi.de) - [hallokoala@gmail.com](mailto:hallokoala@gmail.com)**

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