

# The Tulsa Shuffle

拍數: 48      牆數: 2      級數: Improver  
編舞者: Mark Paulino (USA) & Stephanie Dawn Tippe (USA) - September 2024  
音樂: The Tulsa Shuffle - The Tractors



Dance starts ~00:41, right after he sings "2,3,4"

## [1-8] SHUFFLE FORWARD, FORWARD ROCK RECOVER, SHUFFLE BACK, BACK ROCK, RECOVER

1&2      R steps forward, L steps besides R, R steps forward  
3 4      L rocks forward, recover back onto R  
5&6      L steps back, R steps besides L, L steps back  
7 8      R rocks back, recover forward onto L

## [9-16] ROCKING CHAIR, 1/8 TURN HIP SWAY RECOVER X2

1 2      R rocks forward, recover back onto L  
3 4      R rocks back, recover forward onto L  
5 6      1/8 turn left as you hip sway (or side rock) on R, recover on L  
7 8      1/8 turn left as you hip sway (or side rock) on R, recover on L

## [17-24] LINDY RIGHT, LINDY LEFT

1&2      R side step, L steps besides R, R side step  
3 4      L cross rock behind R, recover back onto R  
5&6      L side step, R steps besides L, L side step  
7 8      R cross rock behind L, recover back onto L

## [25-32] SHUFFLE BOX STEP ENDING WITH BACK CROSS ROCK RECOVER

1&2&      R side step, L steps besides R, R side step, 1/4 left  
3&4&      L side step, R steps besides L, L side step, 1/4 turn left  
5&6      R side step, L steps besides R, R side step  
7 8      L cross rock behind R, recover back onto R

## [33-40] 1/4 TURN, 1/4 TURN, CROSS SIDE SHUFFLE, SIDE ROCK RECOVER, BEHIND SIDE CROSS

1 2      1/4 turn right with L stepping back, 1/4 turn right with R side step  
3&4      L cross step over R, R side set, L cross step over R  
5 6      R side rock, recover onto L  
7&8      R cross step behind L, L side step, R cross step over L

## [41-48] MODIFIED MONTEREY 1/4 TURN, FORWARD KICK, COASTER STEP, HIP BUMP FORWARD, HIP BUMP BACK

1 2      L side point, 1/4 turn left with L stepping besides R  
3 4      R side point, R kick forward  
5&6      R step back, L steps besides R, R steps forward (Keep weight in between front/back foot)  
7 8      Rock hips forward, rock hips back

Ending: 8th wall, end the dance on the 32nd count facing the 12:00 (front) wall while tipping your hat down as you cross toe touch L behind R

Last Update: 5 Sep 2024