

# Parragon Shuffle

**COPPER** **NOB**  
STEPSHEETS

拍數: 46      牆數: 0      級數:  
編舞者: Jean Miles (UK) & John Miles (UK)  
音樂: Unknown



**Position: Side-By-Side (Sweetheart)**

## LEFT HEEL, TOUCH, HEEL, TOGETHER

1-2            Left heel touch forward, touch back in place  
3-4            Left heel touch forward, step back in place

## RIGHT HEEL, TOUCH, HEEL, TOUCH

5-6            Right heel touch forward, touch back in place  
7-8            Right heel touch forward, touch back in place

## RIGHT STEP AND PIVOT, STEP AND PIVOT

9-10           Step right forward (drop right hands) pivot ½ turn to left  
11-12          Step right forward, pivot ½ turn to left (back into sweetheart)

## RIGHT FORWARD, SLIDE, FORWARD AND SCUFF

13-14          Step right forward, slide left up to right foot  
15-16          Step right forward, brush left forward

## LEFT STEP AND PIVOT, LEFT STEP AND PIVOT

17-18          Step left forward, pivot ½ turn to right  
19-20          Step left forward (drop left hands) pivot ½ turn to right (back into sweetheart)

## LEFT FORWARD, SLIDE, FORWARD AND STOMP

21-22          Step left forward, slide right up to left  
23-24          Step left forward, stomp right in place

## SWIVEL HEELS RIGHT, CENTER, LEFT, CENTER (FEET TOGETHER)

25-26          Swivel heels to the right, swivel back to center  
27-28          Swivel heels to the left, swivel back to center

## RIGHT HALF HOOK AND GRAPEVINE

29-30          Right heel touch forward, hook right across left leg  
31-32          Right step to side, left step behind right  
33-34          Right step to side, left touch beside right

## LEFT HALF HOOK AND GRAPEVINE

35-36          Left heel touch forward, hook left across right leg  
37-38          Left step to side, right step behind left  
39-40          Left step to side, right touch beside left

## SHUFFLES

41-42          Right shuffle forward (right, left, right)  
43-44          Left shuffle forward (left, right, left)  
45-46          Right shuffle forward (right, left, right)

**REPEAT**

