

# Shuffle Rock

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Max Perry (USA)  
音樂: No More Protecting My Heart - Jamie O'Neal



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## BACK ROCK, FORWARD SHUFFLE, 2 WALKS FORWARD, ¼ TURN RIGHT

1-2      Rock right back, step left in place  
3&4      Right shuffle forward (right, left, right)  
5-6      Walk forward left, right  
7-8      Step left forward & turn ¼ right, step right in place

## CROSS, SIDE, SYNCOPATED WEAVE, ROCK SIDE, SYNCOPATED WEAVE

1-2      Step left forward & across right, step right to right side  
3&4      Cross left behind right, step right to right side, cross left over right  
5-6      Rock right to right side, step left in place  
7&8      Cross right behind left, step left to left side, cross right over left

## SIDE ROCK ½ TURN, LEFT SHUFFLE IN PLACE, 2 RIGHT KICK BALL CHANGES

1-2      Rock left to left side, step right in place and turn ½ right  
3&4      Left shuffle in place (left, right, left)  
5&6      Kick right forward, rock right back, step left in place (kick ball change)  
7&8      Repeat right kick ball change

## ROCK STEP FORWARD, BACK COASTER STEP, ½ TURN, ½ TURN SHUFFLE

1-2      Rock right forward, step left in place  
3&4      Step right back, step left next to right, step right forward  
5-6      Step left forward & turn ½ right, step right in place  
7&8      Turn ½ right while doing a left shuffle in place (left, right, left)

**REPEAT**

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