

# Shuffle Your Feets

拍數: 32      牆數: 4      級數: Improver east coast swing  
編舞者: Ingemar Kardeskog (SWE)  
音樂: Shuffle Your Feet - Black Rebel Motorcycle Club



Follow metronome rhythm between base drum and handclap at 145 bpm. Intro 32 counts from first beat

## WALK, WALK, SHUFFLE FORWARD, ROCK, STEP, TRIPLE ½ TURN RIGHT

1-2            Walk left forward, walk right forward  
3&4           Step left forward, close right beside left, step left forward  
5-6           Rock right forward, recover to left  
7&8           Turn ¼ right stepping right to right side, close left beside right, turn ¼ right stepping right forward

## PIVOT ½ RIGHT, CLAP, PIVOT ½ RIGHT, CLAP, ROCK, STEP, SAILOR ¼ TURN LEFT

1-2            Turn ½ right stepping left back, hold and clap. Easier option: step left forward, hold and clap  
3-4            Turn ½ right stepping right forward, hold and clap. Easier option: step right forward, hold and clap  
5-6            Rock left forward, recover to right  
7&8            Cross left behind right turning ¼ turn left, step right beside left, step left slightly to left side

## CROSS, CLAP, STEP, CROSS, CLAP, SIDE ROCK, BEHIND, TURN ¼ RIGHT, STEP

1-2&           Cross right over left, hold and clap hands, step left to left side  
3-4            Cross right over left, hold and clap hands  
5-6            Rock left to the left side, recover to right  
7&8            Step left behind right, turn ¼ right stepping right forward, step left forward

## STEP ½ TURN STEP, SHUFFLE FORWARD, ROCK STEP, TRIPLE ¼ TURN RIGHT

1&2            Step right forward, turn ½ left onto left, step right forward  
3&4            Step left forward, close right beside left, step left forward  
5-6            Rock right forward, recover to left  
7&8            Turn ½ right stepping right slightly in place, close left beside right, turn ¼ stepping right slightly forward

**REPEAT**

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