

# E Street Shuffle

拍數: 32      牆數: 2      級數: Beginner  
編舞者: John Dowling (UK)  
音樂: Dancing In the Dark - Bruce Springsteen



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## TOE STRUTS TWICE, SHUFFLE FORWARD, ROCK RECOVER

1-2      Touch right toe forward, lower right heel to floor  
3-4      Touch left toe forward, lower left heel to floor  
5&6      Step right forward, slide left next to right, step right forward  
7-8      Rock forward on left, recover back onto right

## TOE STRUTS TWICE, SHUFFLE BACK, ROCK RECOVER

1-2      Touch left toe back, lower left heel to floor  
3-4      Touch right toe back, lower right heel to floor  
5&6      Step left back, slide right next to left, step left back  
7-8      Rock back on right, recover onto left

## CHASSE ¼ TURN, ROCK RECOVER, SHUFFLE FORWARD, STEP PIVOT ½ TURN

1&2      Step right to right side, slide left next to right, step right to right side while turning ¼ turn left  
3-4      Rock back on left, recover onto right  
5&6      Step left forward, slide right next to left, step left forward  
7-8      Step forward on right, pivot ½ turn left

## WALK TWICE, SHUFFLE FORWARD

1-2      Walk forward stepping right, left  
3-4      Step right forward, slide left next to right, step right forward  
5&6      Rock forward on left, recover back onto right  
7-8      Make a ½ turn over the left shoulder stepping left, right, left (facing 9:00)

**REPEAT**

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