

# Cat Shuffle

拍數: 48      牆數: 2      級數: Improver  
編舞者: William Sevone (UK)  
音樂: Cat Walk - Lee Roy Parnell



## 4X SOFT SHOE SHUFFLE

1&2      Step right foot slightly in front of left, step left foot back slightly, step right foot back to left toe  
3&4      Step left foot slightly in front of right, step right foot back slightly, step left foot back to right toe  
5&6      Step right foot slightly in front of left, step left foot back slightly, step right foot back to left toe  
7&8      Step left foot slightly in front of right, step right foot back slightly, step left foot back to right toe

**Style note: counts 1-8 are 'on-the-spot'**

## SHUFFLE FORWARD, SIDE ROCK, ROCK BACK, 2X SAILOR SHUFFLE

9&10      Step forward onto right foot, step left foot next to right, step forward onto right foot  
11-12      Step/rock left foot to side, rock back onto right foot  
13&14      Step left foot behind right, step right foot next to left, step left foot to side  
15&16      Step right foot behind left, step left foot next to right, step right foot to side

## SHUFFLE FORWARD, SIDE ROCK, ROCK BACK, 2X SAILOR SHUFFLE

17&18      Step forward onto left foot, step right foot next to left, step forward onto left foot  
19-20      Step/rock right foot to side, rock back onto left foot  
21&22      Step right foot behind left, step left foot next to right, step right foot to side  
23&24      Step left foot behind right, step right foot next to left, step left foot to side

## ¼ RIGHT CHASSE SHUFFLE, ½ RIGHT - LEFT CHASSE SHUFFLE

25&26      Step forward with a ¼ turn left onto right foot, step left foot next to right, step right foot to side  
&27&28      Turn ½ right on ball of right foot and step onto left foot, step right foot next to left, step left foot to side

## STEP BEHIND, SIDE STEP, STEP, BODY ROLL,

29-31      Step right foot behind left, step left foot to side, bending at knees - step right foot in place  
32-35      With hands on knees and starting with right shoulder - roll shoulders (in a figure 8 pattern) from right to left and back to right transferring weight at the same time

## STEP BEHIND, SIDE STEP, STEP, BODY ROLL,

36-38      Step left foot behind right, step right foot to side, bending at knees - step left foot in place  
39-42      With hands on knees and starting with left shoulder - roll shoulders (in a figure 8 pattern) from left to right and back to left transferring weight at the same time

**Style note: there is no fixed degree as to how much you bend your knees - as long as you feel comfortable**

## FULL TURN LEFT, LEFT CHASSE SHUFFLE, CROSS STEP ¼ RIGHT

43-45      With a ¼ turn left - step onto left foot, turning ¼ turn left on ball of left foot - step right foot to side turning ½ turn left on ball of right foot - step left foot to side,

**Styling note: click fingers with each count of turn**

46&47      Step right foot to side, step left foot next to right, step right foot to side,  
48      Step left foot over right with a ¼ turn right

## REPEAT

**Counts 32-35 and 39-42 are all slow and deliberate, so give it some attitude. Counts 43-45 are just slow.**

