

Swivelfeet Linedancers Hälsinglands gladaste Linedancers

Besök alltid vår hemsida; www.swivelfeet.se

LLH Shuffle

Count: 32 Wall: 4 Level: Beginner

Choreographer: Roger Ingmire – August, 2016 - FL

Music: The Rock by Ms. Jody (Shorten Version)



Intro: 16 counts - Rotation: CW; Weight on left

Actual footwork

Section 1	Right Triple Forward, Left Triple Forward, Sway 4X
1 & 2	Step right forward, step left beside right, step right forward
3 & 4	Step left forward, step right beside left, step left forward
5 - 8	Step right to side swaying right, left, right, left (weight ends of left)

Section 2	Right Triple back, Left Triple back, Sway 4X
1 & 2	Step right back, step left beside right, step right back
3 & 4	Step left back, step right beside left, step left back
5 - 8	Step right to side swaying right, left, right, left (weight ends on left)

Section 3	Lindy Shuffle Right, Lindy Shuffle Left
1 & 2	Step Right to side, step left beside right, step right to side
3 - 4	Rock back left, recover right
5 & 6	Step left to side, step right beside left, step left to side
7 - 8	Rock back on right, recover on left

Section 4	Right Jazz Box, Right Jazz Box 1/4 turn
1 - 2	Cross right over left, step left back
3 - 4	Step right to side, step left together
5 - 6	Cross right over left, step left back
7 - 8	Turn 1/4 right and step right forward, step left together

DANCE STARTS OVER

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