

Shuffle and Rock

32 count, 4 wall, beginner level

Choreographer: Alan Haywood (Eng) Oct 04

Choreographed to: Rockin' All Over The World by
Status Quo, 134bpm

16 Count Intro, start on vocals

This dance is a good beginner dance which can be taught to any track of your choice. It will fit for example Neon Moon by Brooks and Dunn at 70bpm (country) up to In The Middle by the Sugababes – 130bpm (pop) or even faster if you wish! You can tailor this dance to your beginners and improvers.

Section 1

Right forward lock step, scuff, ¼ left x 2, step back, touch

- 1-2 Step right forward, lock left behind right
- 3-4 Step right forward, scuff left past right
- 5-6 Step left ¼ left, making another ¼ left stepping right back
- 7-8 Step left back, touch right next to left

Section 2

Right forward shuffle, rock recover, walk back, touch

- 1&2 Step right forward, close left next to right, step right forward
- 3-4 Rock forward onto left, recover weight back onto right
- 5-6 Walk back left, walk back right
- 7-8 Walk back left, touch right next to left

Section 3

Right side shuffle, rock back left, recover right, ½ right walking LRL, touch

- 1&2 Step right to right side, close left next to right, step right to right side
- 3-4 Rock back onto left, recover forward onto right
- 5-6-7-8 Make a ½ right stepping left, right, left on the spot, touch right next to left

Section 4

Right forward shuffle, rock, recover, ¼ left shuffle, rock, recover

- 1&2 Step right forward, close left next to right, step right forward
- 3-4 Rock forward onto left, recover weight back onto right
- 5&6 Step left ¼ left, close right next to left, step left to left side
- 7-8 Rock back onto right, recover weight forward onto left

SMILE AND START AGAIN