

GB Shuffle (P) Rev.1



Choreography: Michael Schmidt (2017-03)

Description: 32 count / circle / partner dance

Music: **My Life For Country Music** – Country Gabi [101 bpm] (02:42)

Alternative: **American Love** - Jake Owen [100 bpm] (03:15)

Eat Sleep Love You Repeat - Rodney Atkins [103 bpm] (02:30)

This Time - David Ball [109 bpm] (03:44)

(www.countrygabi.de)

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Info: (*Mainsong*: 16 counts Intro) Start with Lyrics. Start in Promenade Position. Both facing LOD.
Opposite footwork unless otherwise stated.

1-8 Walk, Walk, Shuffle, Side, Together, Shuffle

1-2 **M**: Walk Right, Left

L: Walk Left, Right

3&4 **M**: Step Right forward, Step Left together, Step Right forward

L: Step Left forward, Step Right together, Step Left forward

5-6 **M**: Step Left side, Step Right together

L: Step Right side, Step Left together

7&8 **M**: Step Left forward, Step Right together, Step Left forward

L: Step Right forward, Step Left together, Step Right forward

9-16 Rock, Recover, Shuffle 1/2 Turn, Shuffle 1/2 Turn, Rock Back, Recover

1-2 **M**: Rock Right forward, Recover onto Left

L: Rock Left forward, Recover onto Right

3&4 **M**: ¼ Turn right stepping Right side, Step Left together, ¼ Turn stepping Right forward

(RLOD)

L: ¼ Turn left stepping Left side, Step Right together, ¼ Turn left stepping Left forward

(RLOD)

5&6 **M**: ¼ Turn right stepping Left side, Step Right together, ¼ Turn stepping Left back

(LOD)

L: ¼ Turn left stepping Right side, Step Left together, ¼ Turn stepping Right back

(LOD)

7-8 **M**: Rock Right back, Recover onto Left

L: Rock Left back, Recover onto Right

release hands on count 3; rejoin inside hands on count 7

17-24 Walk, Walk, Shuffle, Rock, Recover, Shuffle 1/2 Turn

1-2 **M**: Walk Right, Left

L: Walk Left, Right

3&4 **M**: Step Right forward, Step Left together, Step Right forward

L: Step Left forward, Step Right together, Step Left forward

5-6 **M**: Rock Left forward, Recover onto Right

L: Rock Right forward, Recover onto Left

7&8 **M**: ¼ Turn left stepping Left side, Step Right together, ¼ Turn left stepping Left forward

(RLOD)

L: ¼ Turn right stepping Right side, Step Left together, ¼ Turn stepping Right forward

(RLOD)

release hands on count 7

25-32 Step, 1/4 Turn, Cross Shuffle, Side, Behind, 1/4 Turn Shuffle

1-2 **M**: Step Right forward, ¼ Turn left (*Weight on Left*)

(OLOD)

L: Step Left forward, ¼ Turn right (*Weight on Right*)

(ILOD)

3&4 **M**: Cross Right over Left, Step Left together, Cross Right over Left

L: Cross Left over Right, Step Right together, Step Left over Right

5-6 **M**: Step Left side, Cross Right behind Left

L: Step Right side, Cross Left behind Right

7&8 **M**: ¼ Turn left stepping Left forward, Step Right together, Step Left forward

(LOD)

L: ¼ Turn right stepping Right forward, Step Left together, Step Right forward

(LOD)

rejoin hands into Double Hand Hold Pos. on count 2, release front hands on count 7

.... hold your girl, smile & have fun

Song: <https://www.youtube.com/channel/UCbxPDzlvsnZlrxrDu14CLVg>

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Channels

youtube: <https://www.youtube.com/user/BootsInTrouble/videos>

<https://www.youtube.com/channel/UCqOj9WcP-R8-om1ukJoZPA>

vimeo: <https://vimeo.com/bootsintrouble/videos>

