Trail Riders Shuffle

Level: Beginner

Choreographer: Big Mucci (USA) - March 2023

Music: The TrailRiders Shuffle (feat. Rico) - Big Mucci

#1st Count of 8: Forward, Hip Rolls, Backward, Hip Rolls

- 1, 2-3-4 Both feet hop forward, roll hips, roll hips, roll hips
- 5, 6-7-8 Both feet hop backward, roll hips, roll hips, roll hips

#2nd Count of 8: Swing Hips x4

Count: 32

- 1-2 Swing hips left to right
- 3-4 Swing hips right to left
- 5-6 Swing hips left to right
- 7-8 Swing hips right to left

#3rd Count of 8: Shuffle Forward, Rock Recover Shuffle Back Rock Recover

- 1&2 RF step forward, LF step together, RF step forward
- 3, 4 LF step forward, RF recover rock backward
- 5&6 LF step backward, RF step together, LF step backward
- RF step backward, LF recover rock forward 7,8

#4th Count of 8: Shuffle Turn, Rock Recover, Pony Trot Backward x4

- 1&2 RF step forward ¼ turn left (9:00), LF step together, RF step backward ¼ turn left (6:00),
- 3, 4 LF step backward, RF recover rock forward
- 5,6 1/4 turn right (9:00) LF weight slight backward hop and pop right knee, RF weight slight backward hop and pop left knee
- 7,8 LF weight slight backward hop and pop right knee, RF weight slight backward hop and pop left knee





Wall: 4