

TJ Shuffle

Count: 32

Wall: 4

Level: Beginner

Choreographer: Chris Lane (UK) & Yvonne Anderson (SCO) - February 2025

Music: Help Yourself - Tom Jones : (The Best Of Tom Jones)

or: Bandstand Boogie - Scooter Lee



Music: (teach track) Help Yourself - Tom Jones (The Best Of Tom Jones),
alt track, (It's a little faster and has a swing feel) Bandstand Boogie - Scooter Lee.

Notes; Start on vocal, no bridges, no tags, no restarts....you are welcome ha ha

[1-8] WALK, WALK, RIGHT MAMBO, BACK, BACK, LEFT COASTER STEP

- 1-2 Walk Forward R, Walk forward L [12]
- 3&4 Rock R forward, (&) Recover weight on L, Step R slightly back [12]
- 5-6 Walk Back L, Walk back R [12]
- 7&8 Step L back, (&) Step R beside left, Step L forward [12]

[9-16] RIGHT SIDE, TOGETHER, SCISSOR STEP, LEFT SIDE TOGETHER, 1/4 LEFT SHUFFLE

- 1-2 Step R to right, Close L beside right [12]
- 3&4 Step R to right, (&) Close L beside right, Cross R over left [12]
- 5-6 Step L to left, Close R beside left [12]
- 7&8 Step L to left, (&) Close R beside left, 1/4 turn left stepping L forward [9]

[17-24] 1/8 CHARLESTON LEFT x 2

- 1-2 Touch R forward, Turn 1/8 left stepping R back [7.30]
- 3-4 Touch L back, Step L forward
- 5-6 Touch R forward, Turn 1/8 left stepping R back [6]
- 7-8 Touch L back, Step L forward [6]

[25-32] KICK OUT-OUT, HEELS, TOES, HEELS TO CENTRE, TURNING K STEP 1/4 RIGHT

- 1&2 Kick R forward, (&) Step Right to right, Step Left to left [6]
- 3&4 Swing heels in, (&) Swing toes in, Swing heels to centre [6]
- 5&6& Step R forward, (&) Touch L beside right, Step L back, (&) Touch R beside L [6]
- 7&8& 1/4 turn right step R to side, (&) Touch L beside right, Step L to left, (&) Touch R beside left [12]

REPEAT