

# AB Ballroom Swing

**COPPER KNOB**  
STEPPERS

**Count:** 24

**Wall:** 4

**Level:** Absolute Beginner

**Choreographer:** Russell Breslauer (USA) - May 2025

**Music:** 26 Miles - The Four Preps

or: Bonaparte's Retreat - Glen Campbell

or: Rock and Roll Music - Chuck Berry



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**Special thanks to Martha Lee for her Ballroom teaching.**

## **ROCK BACK RECOVER SIDE SHUFFLES**

1-2 Rock Back on right Recover on left

3&4 Shuffle to right, Right, Left, Right

5&6 Shuffle to left, Left Right, Left

## **ROCK BACK RECOVER FORWARD SHUFFLES**

1-2 Rock Back on right Recover on left

3&4 Shuffle forward, Right, Left, Right

5&6 Shuffle to forward, Left Right, Left

## **ROCK FORWARD RECOVER BACK SHUFFLES**

1-2 Rock Forward on right Recover on left

3&4 Shuffle back, Right, Left, Right

5&6 Shuffle back, Left Right, Left

## **CROSS ROCK RECOVER 1/4 TURN SHUFFLE to 3:00 SIDE SHUFFLE**

1-2 Cross Rock on right over left Recover on left

3&4 Shuffle 1/4 to right, Right, Left, Right (3:00)

5&6 Shuffle to left, Left Right, Left

**\* For a 1-wall dance either take out section 4 or make it the same as section 1**

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**Last update - 25 May 2025**

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