

Shuffle Rock

Count: 32

Wall: 4

Level: Improver

Choreographer: Max Perry (USA)

Music: No More Protecting My Heart - Jamie O'Neal



BACK ROCK, FORWARD SHUFFLE, 2 WALKS FORWARD, ¼ TURN RIGHT

- 1-2 Rock right back, step left in place
- 3&4 Right shuffle forward (right, left, right)
- 5-6 Walk forward left, right
- 7-8 Step left forward & turn ¼ right, step right in place

CROSS, SIDE, SYNCOPATED WEAVE, ROCK SIDE, SYNCOPATED WEAVE

- 1-2 Step left forward & across right, step right to right side
- 3&4 Cross left behind right, step right to right side, cross left over right
- 5-6 Rock right to right side, step left in place
- 7&8 Cross right behind left, step left to left side, cross right over left

SIDE ROCK ½ TURN, LEFT SHUFFLE IN PLACE, 2 RIGHT KICK BALL CHANGES

- 1-2 Rock left to left side, step right in place and turn ½ right
- 3&4 Left shuffle in place (left, right, left)
- 5&6 Kick right forward, rock right back, step left in place (kick ball change)
- 7&8 Repeat right kick ball change

ROCK STEP FORWARD, BACK COASTER STEP, ½ TURN, ½ TURN SHUFFLE

- 1-2 Rock right forward, step left in place
- 3&4 Step right back, step left next to right, step right forward
- 5-6 Step left forward & turn ½ right, step right in place
- 7&8 Turn ½ right while doing a left shuffle in place (left, right, left)

REPEAT
