West Coast Shuffle



Count: 32 Wall: 0 Level:

Choreographer: Eddie Harper (USA)

Music: Fresh Coat of Paint - Lee Roy Parnell



LADY'S BASIC WEST COAST FOOTWORK (FORWARD WALK, TOUCH, STEP BACK)

Step forward on right
 Step forward on left

3 Touch right toe beside left (no weight)

4 Step back on right

TRIPLE STEP (SHUFFLE) IN PLACE

5&6 In place, step left right left

TRIPLE STEP (SHUFFLE) FORWARD

7&8 Shuffle slightly forward right left right

1/2 PIVOTS

9 Touch left toe forward

On ball of right, pivot ½ turn right, keeping weight on right

11-12 Repeat steps 9-10

REVERSE JAZZ BOX

Step slightly forward on left
Cross step right over left
Step slightly back on left

16 Step right to right side (weight even)

ELVIS LEGS

Knee pops-in place weight changes - bending knees, motion will be in hips

17 Shifting weight to left, raise right heel, pointing right knee to left

& Straighten right leg

Weight on left, raise right heel, pointing right knee left

19 Shifting weight to right, raise left heel, pointing left knee to right

& Straighten left leg

20 Weight on right, raise left heel, pointing left knee to right

21 Shifting weight to left, raise right heel, pointing right knee to left 22 Shifting weight to right, raise left heel, point left knee to right

23-24 Repeat steps 21-22

SPRING JUMP (LOW), 1/2 TURN TO THE RIGHT

& Bending both knees, jump up low from both feet, landing on right

25 Cross step left over right (weight even)

26-28 Slowly unwind ½ turn right (straighten, shifting weight to right)

CROSS FRONT & TOUCH, CROSS BACK & STEP

Cross step left over right
Point right toe out to right side
Cross step right behind left
Step left beside right

REPEAT

