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| Nancy Jo Shuffle (cha cha) |  |

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| **拍数:** | 40 | **墙数:** | 4 | **级数:** | High Beginner | . |
| **编舞者:** | Nancy & Jo - July 2014 |
| **音乐:** | Make Love to Me - Anne Murray : (Album: The Best So Far / Croonin') |
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**Alt. music:-**

**Pontoon by Little Big Town,**

**The Wanderer by Eddie Rabbitt (118 bpm)**

**Land of Enchantment by Michael Martin Murphey, (108 bpm)**

**He Drinks Tequila by Sammy Kershaw & Lorrie Morgan (127 bpm)**

**Baby's Got her blue jeans on by Mel McvDaniel (105 bpm)**

**Write this Down by George Strait (124 bpm)**

**While learning the dance, I recommend Make Love to me.**

**(This dance can be done to almost any two step music) and many other songs just by changing the speed of the steps!**

**Right foot lead**

**Basic Cha Cha Pattern of shuffle forward right, rock recover, shuffle back left, rock recover**

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| 1&2 | Shuffle forward right-left-right |

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| 3 4 | Rock forward on the left, recover on the right |

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| 5&6 | Shuffle back left-right-left |

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| 7 8 | Rock back on the right, recover on the left |

**Shuffle forward, rock recover, Shuffle ½ turning left, Shuffle ½ turning left (total of 360 degree turn)**

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| --- | --- |
| 1&2 | Shuffle forward right-left-right |

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| 3 4 | Rock forward on the left, recover on the right |

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| 5&6 | Shuffle back left-right-left Turning ½ left (6:00) |

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| 7&8 | Shuffle forward right-left-right Turning ½ left (12:00) |

**Rock back recover, Shuffle forward**

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| 1 2 | Rock back on left, recover right |

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| 3&4 | Shuffle forward left-right-left |

**Side rock recover and cross shuffle starting with the right then left**

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| 1 2 | Rock right foot to the right side, recover on the left |

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| 3&4 | Cross shuffle: cross right over left, step left to the side, cross right over left |

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| 5 6 | Rock left foot to the left side, recover on the right |

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| 7&8 | Cross shuffle: cross left over right, step right to the side, cross left over right |

**Sways (RLRL)**

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| 1 - 4 | Sway right, sway left, sway right, sway left (ending with weight on left) |

**Jazz Box with ¼ turn right, Jazz Box in place**

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| 1 2 3 4 | Cross right over left, step left back, turning ¼ Right step side on right, step left next to right (3:00) |

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| --- | --- |
| 5 6 7 8 | Cross right over left, step back on left, step right, step left next to right |

**Start over**

**line dance Nancy Jo 5/18/14**

**Contact: email: murrynick2@gmail.com**

**Last Update - 28th July 2014**