

Norm's Shuffle (P)

拍數: 32 牆數: 0 級數: Intermediate Pattern Partner
編舞者: Tom Daly (USA) - March 2024
音樂: OLD COUNTRY BARN - James Johnston
或: Tempo - Matteo Bocelli
或: Honky Tonkin' About - The Reklaws & Drake Milligan
或: Drive You Out Of My Mind - Kassie Ashton



Dance starts with single hand hold. Man on inside and Lady on outside.
Opposite footwork throughout. Man's footwork is described

(1-8) Step Lock, Right Shuffle, Step Forward L, Turn ¼ Right, Cross shuffle L,R,L

1-2 Step forward R, lock L behind R
3&4 Shuffle forward R, L, R
5-6 Step forward L, Turn ¼ R stepping R (Man facing OLD, Lady facing ILOD) (Double hand hold)
7&8 Cross L over R, step side R, cross the L over R

(9-16) Side Rock, Recover, Behind, Side, Cross, Walk L, R (3/4 turn), Left Shuffle

1-2 Rock side R, recover L
3&4 Cross R behind L, step side L, cross R over L
5-6 Turn ¼ turn L stepping on L forward (RLOD), Turn 3/4 turn R stepping forward R (facing LOD) (if you do not finish the turn, use the shuffle to finish it)

(5-6 easy option) Turn ¼ L stepping L, Step R forward

7&8 Finish turn Shuffling forward LOD L, R, L

(17-24) Heel Switches and Shuffles

1&2& Present R heel, quickly step on R, present L heel, Step on L
3&4 Shuffle forward R, L, R
5&6& Present L heel, quickly step on L, present R heel, Step on R
7&8 Shuffle forward L, R, L

(25-32) Right Rocking Chair, Right Jazz Box

1-2 Rock forward on right, Replace weight on L
3-4 Rock back on right, Replace weight on L
5-6 Cross R over L, Step back L
7-8 Step side R, Step forward L

Start Again!!

Last Update: 17 May 2024