

GB Shuffle (P)

32 Count, 0 Wall, Intermediate
Choreographer: Michael Schmidt (DE) Mar 2017
Choreographed to: My Life For Country Music by
Country Gabi
(101 bpm - 2:42m)

Alt. Music: American Love by Jake Owen [100 bpm] (03:15m)
Eat Sleep Love You Repeat by Rodney Atkins (103 bpm - 02:30m)
This Time by David Ball (109 bpm - 03:44m)

Info: **Main song: 16 counts Intro. Start with Lyrics. Start in Promenade Position.**
Both facing LOD.
Opposite footwork unless otherwise stated.

Section 1 Walk, Walk, Shuffle, Side, Together, Shuffle

1-2 M: Walk Right, Left
L: Walk Left, Right
3&4 M: Step Right forward, Step Left together, Step Right forward
L: Step Left forward, Step Right together, Step Left forward
5-6 M: Step Left side, Step Right together
L: Step Right side, Step Left together
7&8 M: Step Left forward, Step Right together, Step Left forward
L: Step Right forward, Step Left together, Step Right forward

Section 2 Rock, Recover, Shuffle 1/2 Turn, Shuffle 1/2 Turn, Rock Back, Recover

1-2 M: Rock Right forward, Recover onto Left
L: Rock Left forward, Recover onto Right
3&4 M: ¼ Turn right stepping Right side, Step Left together, ¼ Turn stepping Right forward (RLOD)
L: ¼ Turn left stepping Left side, Step Right together, ¼ Turn left stepping Left forward (RLOD)
5&6 M: : ¼ Turn right stepping Left side, Step Right together, ¼ Turn stepping Left back (LOD)
L: ¼ Turn left stepping Right side, Step Left together, ¼ Turn stepping Right back (LOD)
7-8 M: Rock Right back, Recover onto Left
L: Rock Left back, Recover onto Right
release hands on count 3; rejoin inside hands on count 7

Section 3 Walk, Walk, Shuffle, Rock, Recover, Shuffle 1/2 Turn

1-2 M: Walk Right, Left
L: Walk Left, Right
3&4 M: Step Right forward, Step Left together, Step Right forward
L: Step Left forward, Step Right together, Step Left forward
5-6 M: Rock Left forward, Recover onto Right
L: Rock Right forward, Recover onto Left
7&8 M: ¼ Turn left stepping Left side, Step Right together, ¼ Turn left stepping Left forward (RLOD)
L: ¼ Turn right stepping Right side, Step Left together, ¼ Turn stepping Right forward (RLOD)
release hands on count 7

Section 4 Step, 1/4 Turn, Cross Shuffle, Side, Behind, 1/4 Turn Shuffle

1-2 M: Step Right forward, ¼ Turn left (Weight on Left) (OLOD)
L: Step Left forward, ¼ Turn right (Weight on Right) (ILOD)
3&4 M: Cross Right over Left, Step Left together, Cross Right over Left
L: Cross Left over Right, Step Right together, Step Left over Right
5-6 M: Step Left side, Cross Right behind Left
L: Step Right side, Cross Left behind Right
7&8 M: ¼ Turn left stepping Left forward, Step Right together, Step Left forward (LOD)
L: ¼ Turn right stepping Right forward, Step Left together, Step Right forward (LOD)
rejoin hands into Double Hand Hold Pos. on count 2, release front hands on count 7

.... hold your girl, smile & have fun

For the main song, please visit & contact www.countrygabi.de