

# RHYTHM & BLUES

LINEDANCE.COM

**Count:** 64

**Wall:** 2

**Level:** intermediate

**Choreographer:** Carmel Hutchinson

**Music:** Shot Of Rhythm & Blues by Van Morrison And Linda Gail Lewis

## **BACK TOE-HEEL, SHUFFLE BACK - BACK TOE-HEEL, BACK COASTER**

**1-2-3&4** Touch right toe back, drop right heel down, shuffle back left-right-left

**5-6-7&8** Touch right toe back, drop right heel down, step left back, step right back next to left, step left forward

## **RAMBLE LEFT-RIGHT-LEFT, RAMBLE RIGHT-LEFT-RIGHT - RAMBLE LEFT, RIGHT, LEFT, HOLD (CLAP)**

**1&2** Swivel heels left, swivel toes left, swivel heels left

**3&4** Swivel heels right, swivel toes right, swivel heels right

**5-6-7-8** Swivel heels left, swivel heels right, swivel heels left, hold (clap)

## **SWAY FORWARD, BACK, SHUFFLE - SWAY FORWARD, BACK, SHUFFLE**

**1-2** Sway step right forward on an angle, sway step left back on an angle

**3&4** Shuffle forward right-left-right on an angle

**5-6** Sway step left forward on an angle, sway step right back on an angle

**7&8** Shuffle forward left-right-left on an angle

## **BEHIND, POINT, BEHIND, POINT - BACK, BACK COASTER**

**1-2-3-4** Cross step right behind left, side point left, cross step left behind right, side point right

**5-6-7-8** Step right back, step left back, step right back next to left, step left forward

## **POINT, CROSS, POINT, CROSS - JAZZ BOX IN PLACE**

**1-2-3-4** Side point right, cross right over left, side point left, cross left over right

**5-6-7-8** Cross right over left, step left back, side step right, step left forward

## **FOUR SWAYING ¼ PIVOT TURNS LEFT**

**1-2-3-4** Step right forward into ¼ turn left (weight left), step right forward into ¼ turn left (weight left)

**5-6-7-8** Step right forward into  $\frac{1}{4}$  turn left (weight left), step right forward into  $\frac{1}{4}$  turn left (weight left)

**Styling note: sway hips as you step forward into  $\frac{1}{4}$  turns & back as you shift weight left**

**TOE,  $\frac{1}{4}$  TURN RIGHT, SHUFFLE - TOE,  $\frac{1}{4}$  TURN RIGHT, SHUFFLE**

**1-2-3&4** Touch right toe slightly right, turn  $\frac{1}{4}$  right on left and drop right heel, shuffle forward left-right-left

**5-6-7&8** Touch right toe slightly right, turn  $\frac{1}{4}$  right on left and drop right heel, shuffle forward left-right-left

**SIDE, BACK, CROSS - SIDE, BACK, CROSS - HEEL GRIND, SHUFFLE LEFT-RIGHT-LEFT**

**1&2** Side step right, step left back, cross step right over left

**3&4** Side step left, step right back, cross step left over right

**5-6** Touch right heel forward (point toes left to 10:00), grind heel & twist foot to right (bring toes down)

**7&8** Shuffle forward left-right-left

**REPEAT**

**RESTART**

**During the 4th repetition (you will be facing the back wall) drop the last 16 counts and restart the dance after the four swaying  $\frac{1}{4}$  pivot turns left.**