

# THE SEFTON SHUFFLE

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**Count:** 32      **Wall:** 4      **Level:** beginner

**Choreographer:** Chris Peel

**Music:** Tulsa Shuffle by The Tractors

**Allow 4 bars intro. Begin on the word "music"**

**This dance is dedicated to all the beginners in Phil & Shirley's Friday class**

## **HEEL/TOE TAPS, KICK-BALL CHANGE (RIGHT THEN LEFT). SIDE, TOGETHER, SIDE SHUFFLE**

- 1-4** Tap right heel forward, touch right toe back, kick right forward - step right in place, step left together
- 5-8** Side step right, step left together, side step right - step left together, side step right
- 9-12** Touch left heel forward, touch left toe back, kick left forward - step left in place, step right together
- 13-16** Side step left, step right together, side step left - step right together, side step left

## **¼ TURN RIGHT, KICK, MOVING BACK: STEP BACK, KICK (X3)**

- 17-20** Step ¼ turn right (on right), kick left forward, step back left, kick right forward
- 21-24** Step back right, kick left forward, step back left, kick right forward

**Moving forward:**

## **WALK, WALK, SHUFFLE FORWARD. PIVOT ½ TURN RIGHT, SHUFFLE FORWARD**

- 25-28** Walk forward right, left shuffle forward right - left, right
- 29-32** Step forward left into pivot ½ right taking weight onto right, shuffle forward left - right, left

## **REPEAT**