

Shadfly Shuffle

BEGINNER

72 Count 4 Walls

Choreographed by: Maureen Bruce-Payne

Choreographed to: Oh Susanna by Fort Nox

GRIND HEEL, STEP, ROCK RECOVER, BIRD VINE

1 - 4 Grind left heel forward with toe slightly in air rotating toe to left, step in place on right foot, rock back on left foot, step in place on right foot

5 - 8 Step on left foot, kick right foot forward. Step on right foot crossing it in front of left, step left foot in place

GRIND HEEL, STEP, ROCK RECOVER, BIRD VINE

9 - 12 Grind right heel forward with toe slightly in air and rotating toe to right, step in place on left foot, rock back on right foot, step in place on left foot

13 - 16 Step on right foot, kick left foot forward, step on left foot crossing it in front of right, step right foot in place

STEP FORWARD, 1/2 TURN, SHUFFLE IN PLACE

17 - 18 Forward on left foot, 1/2 turn to right on right foot

19 & 20 Shuffle: left, right, left

GRIND HEEL, STEP, ROCK RECOVER, BIRD VINE

21 - 24 Grind right heel forward with toe slightly in air and rotating toe to right, step in place on left foot, rock back on right foot, step in place on left foot

25 - 28 Step on right foot, kick left foot forward, step on left foot crossing it in front of right, step right foot in place

GRIND HEEL, STEP, ROCK RECOVER, BIRD VINE

29 - 32 Grind left heel forward with toe slightly in air rotating toe to left, step in place on right foot, rock back on left foot, step in place on right foot

33 - 36 Step on left foot, kick right foot forward. Step on right foot crossing it in front of left, step left foot in place

STEP FORWARD, 1/2 TURN, SHUFFLE IN PLACE

37 - 38 Forward on right foot, 1/2 turn to left on left foot

39 & 40 Shuffle: right, left, right

SAND STEP, SHUFFLE, SAND STEP, SHUFFLE STEPS

41 - 42 Point left toe to right instep, touching left heel to floor, point left toe to left

43 & 44 Shuffle in place left, right, left

45 - 46 Point right toe to left instep, touching right heel to floor, point right toe to right

47 & 48 Shuffle in place right, left, right

LIMP HUSTLE FORWARD, SHUFFLE BACK, SHUFFLE TURN

49 - 52 Step forward on left, step forward on right, step forward on left, brush right heel on flooring kicking forward

/Bend knees and use a limping motion forward.

53 & 54 Shuffle back: right, left, right

55 & 56 Shuffle: 1/4 turn to left on left, right, left

REGGAE BOX, REGGAE BOX

57 - 60 Cross right foot in front of left, step back on left foot, step right foot in place, step left foot in place

61 - 64 Cross right foot in front of left, step back on left foot, step right foot in place step left foot in place

TWIST RIGHT FOOT, KICK-BALL, CHANGE

65 - 68 With weight on left foot, twist right toe in, twist right toe out, twist right toe in, step on right foot

69 & 70 Left foot kick-ball-change: kick left foot forward, step down on ball of left foot, step weight on right

71 & 72 Left foot kick-ball-change: kick left foot forward, step down on ball of left foot, step weight to right

REPEAT