

Shuffle Rock

32 count, 4 wall, Beginner/Intermediate level
Choreographer : Max Perry (USA) March 2001
Choreographed to : No More Protecting My Heart by
Jamie O'Neal (Country - Swing feeling)

BACK ROCK, FORWARD SHUFFLE, 2 WALKS FORWARD, 1/4 TURN RIGHT

1,2 Rock Right back, Step Left in place
3&4 Right shuffle forward - R, L, R
5,6 Walk forward L, R
7,8 Step Left forward & turn 1/4 right, Step Right in place

CROSS, SIDE, SYNCOPATED WEAVE, ROCK SIDE, SYNCOPATED WEAVE

1,2 Step Left forward & across Right, Step Right to right side
3&4 Cross Left behind Right, Step Right to right side, Cross Left over Right
5,6 Rock Right to right side, Step Left in place
7&8 Cross Right behind Left, Step Left to left side. Cross Right over Left

SIDE ROCK 1/2 TURN, LEFT SHUFFLE IN PLACE, 2 RIGHT KICK BALL CHANGES

1,2 Rock Left to left side, Step Right in place and turn 1/2 right
3&4 Left shuffle in place - L, R, L
5&6 Kick Right forward, Rock Right back, Step Left in place (kick ball change)
7&8 Repeat Right kick ball change

ROCK STEP FORWARD, BACK COASTER STEP, 1/2 TURN, 1/2 TURN SHUFFLE

1,2 Rock Right forward, Step Left in place
3&4 Step Right back, Step Left next to Right, Step Right forward
5,6 Step Left forward & turn 1/2 right, Step Right in place
7&8 Turn 1/2 right while doing a Left shuffle in place - L, R, L
