

# Kopfweh Shuffle

**Count:** 32      **Wall:** 4      **Level:** Beginner

**Choreographer:** Sandra Schuler (October 2016)

**Music:** Heut' Abend hab ich Kopfweh (Neuaufnahme 2000) von Ireen Sheer

**(It Means: Headache Shuffle)**

**Start: after 32 counts**

**Side-Rock, Cross-Shuffle, Side, ¼-Turn R, Shuffle Forw.**

1, 2            RF Rock step to right, Recover weight to LF - 12  
3&4            Cross RF over LF, Step on LF to RF, Cross RF over LF  
5, 6            LF Step to left, ¼ turn right with RF Step to right - 3  
7&8            LF Step forward, Step on RF beside LF, LF Step forward

**Rock Step Forw., ½-Tripleturn R, Rock Step Forw., ¼-Turn L With Sailorstep**

1, 2            RF Rock step forward, Recover weight to LF  
3&4            RF Step ¼ side turning right, Step on LF beside RF, RF Step ¼ forward turning right - 9  
5, 6            LF Rock step forward, Recover weight to RF  
7&8            ¼ turn left with Cross LF behind RF, RF Step to right, LF small Step forward      - 6

**Rock Step Forw., Shuffle Back, Rock Step Back, Shuffle Forw.**

1,2            RF Rock step forward, Recover weight to LF  
3&4            RF Step back, Step on LF beside RF, RF Step back  
5, 6            LF Rock step back, Recover weight to RF  
7&8            LF Step forward, Step on RF beside LF, LF Step forward

**¼-Turn L With Side, Slide, Rock Step Back, Side, Touch, Kick-Ball-Cross**

1, 2            ¼ turn left with RF long Step to right, Slide LF to RF, - 3  
3, 4            LF Rock step back, Recover weight to RF  
5, 6            LF Step to left, Touch with RF beside LF  
7&8            RF Kick forward, Step on RF beside LF, Cross LF over RF

**Tag at the End of 2. / 6. / 10. wall (always 6 o'clock):**

**Rocking Chair R**

1, 2            RF Rock step forward, Recover weight to LF  
3, 4            RF Rock step back, Recover weight to LF

**Sorry, my English is not so good - Tanzbeschreibung gibt es auch auf Deutsch**

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