

# SHORTNIN' BREAD

Music: "Shortnin' Bread" by The Bell Notes. 155 BPM.

Description: Intermediate: 64 count: 1 wall: No Tags or Restarts.

Choreographer: Shanthie De Mel, Australia. Jan. 2016.

Begin: Intro 32 counts approx. Start on main beat vocals - "Mammy's little baby"

## **HEEL. HOOK. SHUFFLE FORWARD RIGHT. HEEL. HOOK. SHUFFLE FORWARD LEFT.**

- 1, 2, 3&4 Touch R heel forward. Hook R over L. Shuffle forward diagonally R-L-R.  
5, 6, 7&8 Touch L heel forward. Hook L over R. Shuffle forward diagonally L-R-L. (12:00)  
9 -16 Repeat above.

## **FORWARD. TURN 1/2 LEFT. ROLLING SHUFFLE.**

- 1, 2, 3&4 Step R forward. Turn 1/2 left on L. (6:00) Shuffle forward R-L-R.  
5&6, 7&8 Turning 1/2 right (12:00) shuffle back L-R-L. Turning 1/2 right (6:00) shuffle forward R-L-R.  
(Easy option - shuffle forward x3)

## **SIDE. BEHIND. TURN LEFT. FORWARD. TURN LEFT. SIDE. BEHIND. HOLD.**

- 1, 2, 3, 4 Step L to left side. Cross R behind L. Turning 1/4 left step L fwd. Step R fwd. (3:00)  
5, 6 Turn 1/2 left on L. (9:00) Turning 1/4 left step R to right side. (6:00)  
7, 8 Cross L behind R. Hold. (6:00)  
(Easy option – Vine left, touch. Vine right.)

## **STOMP. HOLD.x2**

- 1, 2, 3, 4 Stomp R in place. Hold for 3 counts, pressing palms down.  
5, 6, 7, 8 Stomp L in place. Hold for 3 counts, pressing palms down.

## **SIDE. TAP. SHUFFLE LEFT. ROCK BACK. RECOVER. TURN. HOLD.**

- 1, 2, 3&4 Step R to right side. Tap L to R. Shuffle left L-R-L  
5, 6, 7, 8 Rock back R. Recover L. Turning 1/4 left step R to side. Hold. (9:00)

## **STOMP. HOLD.x2**

- 1, 2, 3, 4 Stomp L in place. Hold for 3 counts.  
5, 6, 7, 8 Stomp R in place. Hold for 3 counts. (9:00)

## **SIDE. TAP. SHUFFLE LEFT. ROCK BACK. RECOVER. TURN. HOLD.**

- 1, 2, 3&4 Step L to left. Tap R to L. Shuffle right R-L-R.  
5, 6, 7, 8 Rock back R. Recover L. Turning 1/4 left step L to left. Hold. (12:00)