



## THE SHUFFLE



### CHALLENGE

Engaging in tricky things helps us to grow, learn and, connect with others.

### Activity overview

Learn how to 'shuffle'

### Equipment required

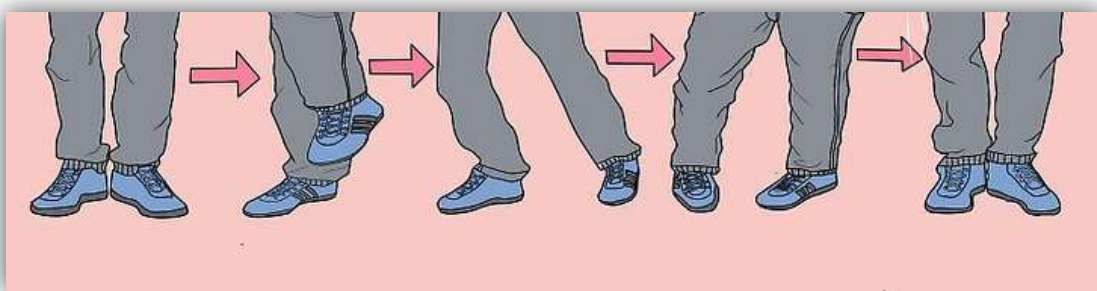
Your favourite music to practice with

Shoes/socks that won't grip too much on your dance floor

### Time required

Less than 1 hour

Take a break from TikTok and try this viral dance from the 80's! While the steps are simple, putting them together and then working them into the beat of your favourite song is sure to challenge. Once you've mastered the basic moves, add your own style and flare by mixing in your favourite moves, or challenge your family to a dance off.



1. Start with your heels together and toes pointing out. This is your resting position.
2. Lift your right foot a little way off the ground, pointing the toe inwards. At the same time, shuffle your left heel to the right so that your toes are pointing towards each other.
3. Point your right foot down until the toes and ball of the foot lightly touch the ground. As you do this, shuffle your left foot outward again, bringing your heels together similar to your starting position.
4. Keep repeating these steps to move to the right.
5. Switch to the left. As your right foot hits the ground, switch it to your 'shuffling' foot, and begin to lift and lower your left foot as your right foot shuffles inward and outward to the left.
6. Switch between left and right shuffles, introducing your own arm movements. Clapping as you do it might even help you to find the beat for the next step.
7. Put it to some music. To start with, try to time your heels meeting (starting position) to each beat.
8. Style up your shuffle by increasing the pace, and adding in your own moves and variations.

Source : [https://www.wikihow.com/Shuffle-\(Dance-Move\)#/Image:Shuffle-\(Dance-Move\)-Step-3-Version-2.jpg](https://www.wikihow.com/Shuffle-(Dance-Move)#/Image:Shuffle-(Dance-Move)-Step-3-Version-2.jpg)

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