

LIST OF THE STEPS

DENVER SHUFFLE (100 bpm)

| Hold | Step No. | Man's Steps | Musical Beats | Woman's Steps |
|------------------|-----------------|--------------------|----------------------|----------------------|
| SECTION 1 | | | | |
| Kilian | 1 | LFO | 2 | LFO |
| | 2 | XF RFI | 2 | XF RFI |
| | 3 | LFO | 1 | LFO |
| | 4 | Ch RFI | 1 | Ch RFI |
| | 5 | LFO | 2 | LFO |
| | 6 | SISd RFI (LFO) | 1 | SISd RFI (LFO) |
| | 7 | SISd LFO (RFI) | 1 | SISd LFO (RFI) |
| | 8 | XF RFI | 2 | XF RFI |
| | 9 | LFO | 1 | LFO |
| | 10 | Ch RFI | 1 | Ch RFI |
| | 11 | LFO | 1 | LFO |
| | 12 | Run RFI | 1 | Run RFI |
| | 13 | Run LFO | 2 | Run LFO |
| | 14 | XF RFO | 2 | XF RFO |
| | 15 | XB LFI | 2 | XB LFI |
| | 16 | RFO | 1 | RFO |
| | 17 | Ch LFI | 1 | Ch LFI |
| | 18 | RFO Sw (3rd beat) | 2+2 | RFO Sw (3rd beat) |

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