



Approved by:

G. Mitchell

Spread A Little Love

4 WALL – 32 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Lock Step Forward x 2, Cross, Back, Side, Cross, 1/4 Turn, Side		
1 & 2	Step right forward. Lock left behind right. Step right forward.	Right Lock Right	Forward
3 & 4	Step left forward. Lock right behind left. Step left forward.	Left Lock Left	
5 & 6	Cross right over left. Step left back. Step right to right side.	Cross Back Side	On the spot
7 & 8	Cross left over right. Step right back turning 1/4 left. Step left to left side. (9:00)	Cross Quarter Side	Turning left
Section 2	Run Forward x 2, Mambo Step, Run Back x 3, Coaster Step		
1 & 2	Run forward, stepping - right, left, right.	Run Run Run	Forward
3 & 4	Rock forward on left. Rock back on right. Step left back.	Mambo Forward	On the spot
5 & 6	Run back, stepping - right, left, right.	Run Run Run	Back
7 & 8	Step left back. Step right beside left. Step left forward.	Coaster Step	On the spot
Restart	Wall 3: Start the dance again from the beginning.		
Section 3	Rock & Cross x 2, Side, Behind, 1/4 Turn, Step, Pivot 1/4, Cross		
1 & 2	Rock right to right side. Recover onto left. Cross right over left.	Rock & Cross	On the spot
3 & 4	Rock left to left side. Recover onto right. Cross left over right.	Rock & Cross	
5 & 6	Step right to right side. Cross left behind right. Step right turning 1/4 right. (12:00)	Side Behind Quarter	Turning right
7 & 8	Step left forward. Pivot 1/4 right. Cross left over right. (3:00)	Step Pivot Cross	
Section 4	Half Rumba Box x 2, Step, Pivot 1/2, Step, Triple Full Turn		
1 & 2	Step right to right side. Close left beside right. Step right forward.	Side Together Step	Forward
3 & 4	Step left to left side. Close right beside left. Step left forward.	Side Together Step	
5 & 6	Step right forward. Pivot 1/2 turn left. Step right forward. (9:00)	Step Pivot Step	Turning left
7 & 8	Triple step full turn right, stepping - left, right, left.	Triple Full Turn	Turning right
Ending	Dance to count 6, Section 1 (facing 3:00), then: Cross left over right and unwind 3/4 turn right to face front.		

Choreographed by: Graham Mitchell (UK) February 2014

Choreographed to: 'Spread A Little Love Around' by Darryl Worley from CD I Miss My Friend; download available from amazon or iTunes (32 count intro - start on vocals)

Restart: One Restart during Wall 3



A video clip of this dance is available at www.linedancermagazine.com