

Abdul's Comeback

Phrased, 32 Count, 4 Wall, Improver

Choreographer: Karen Hedges & Nancy A. Morgan (USA)

June 2008

Choreographed to: Dance Like There's No Tomorrow by
Paula Abdul, CD: Single

Sequence: AB AB AB AA

PART A

TRAVELING SAILORS (THE WIZ), STEP, OUT

1-2& Step right diagonally forward (1:00), cross left behind right, step right to side

3-4& Step left diagonally forward (1:00), cross right behind left, step left to side

5-6& Step right diagonally forward (1:00), cross left behind right, step right to side

7-8 Step left forward, step right out to right side

BODY ROLL DOWN, BODY ROLL UP, SWIVEL KNEE IN, OUT WITH ¼ TURN, COASTER STEP

1-2 Body roll down so that weight is on left lifting right heel off of floor (your body will be facing 2:00)

Easy alternate: squat slightly down lifting right heel of floor (your body will be facing 2:00), hold

3-4 Body roll up now putting right heel back on floor (body is facing back at 12:00)

Easy alternate: stand back up now putting right heel back on floor (body is facing back at 12:00), hold

5-6 (Heel is off of floor, swiveling with ball of) swivel right knee in towards left,

swivel right knee ¼ turn to right

7&8 Step right back, left back, right forward

STEP, TOUCH, STEP, TOUCH, JAZZ BOX WITH A TOUCH

1-2 Step left forward, touch/touch right toes out to right side

3-4 Step right forward, touch/touch left toes out to left side

5-6-7-8 Cross left over right, step right back, step left to side, touch right together

STEP FORWARD, ¼ TURN, HITCH, STEP SIDE, ¼ TURN, HITCH, STEP SIDE, ¼ TURN HITCH, STEP BACK, ¼ TURN HITCH

1-2 Step right forward ¼ turn to right, bring left knee up into a hitch position

3-4 Step left to side ¼ turn to right, bring right knee up into a hitch position

5-6 Step right to side, bring left knee up into a hitch position turning ¼ turn to left

7-8 Step left back, bring right knee up into a hitch position turning ¼ turn to left

PART B

Repeat first 32 counts then add the following 16 counts:

CAMEL WALK 2 TIMES, STEP, TOUCH

1-2-3 Step right forward towards 2:00, while lifting right heel off of floor - slide left instep in towards the ball of your right, lift left heel off of floor as you set your right heel down

4-5-6 Step left forward towards 10:00, while lifting left heel off of floor - slide right instep in towards the ball of your left, lift right heel off of floor as you set your left heel down

7-8 Step right forward towards 1:00, while lifting right heel off of floor - slide left instep in toward the ball of your right

STEP BACK, TOUCH, STEP BACK, TOUCH, STEP BACK TOUCH, HEEL JACK WITH TOUCH

1-2 Step left back towards 7:00 as you set your right heel down, touch right together

3-4 Step right back towards 5:00, touch left together

5-6 Step left back towards 7:00, touch right together

&7 Step right back, touch left heel forward

&8 Step left, touch right together

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