

## Double XL (Ouch!)

48 count, 4 wall, intermediate level

Choreographer: Peter Metelnick & Alison Biggs 2005  
Choreographed to: XXL by Keith Anderson (start after 48 count intro), from the CD Three Chord Country and American Rock & Roll; It Hurts by Lena Philipsson (start on the word "roof"), from the CD Eurovision Song Contest 2004; From Zero to Hero by Sarah Connor (start on verse vocal)

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Info: 4 wall , 48 count line dance with 1 restart when dancing to either Anderson, Phillipson or Connor

### 1-8 L to side, R sailor, L forward, ½ R pivot turn, L forward, R kick ball step

- 1 Step L to side
- 2&3 Cross step R behind L, step L to side, step R to side
- 4-6 Step L forward, pivot ½ right, step L forward
- 7&8 Kick R forward, step R together, step L forward

**Anderson Restart:** During the 2<sup>nd</sup> time through the dance, change counts 7&8 to R kick ball TOUCH L together. Restart the dance (you will be facing R side wall)

### 9-16 Walk forward 2, R sailor, L touch back, ½ L turn, R kick ball step

- 1-2 Step R forward, step L forward
- 3&4 Cross step R behind L, step L to side, step R to side
- 5-6 Touch L toes back, unwind ½ right putting weight on L
- 7&8 Kick R forward, step L together, step R forward

**Phillipsson Restart:** During the 3rd time through the dance, change counts 7&8 to R kick ball TOUCH L together, Restart the dance (you will be facing back wall)

### 17-24 Syncopated forward R & L rock steps, L full travelling back, ¼ L shuffle

- 1-2 Rock R forward, recover weight on L

**Connor Restart:** During 7<sup>th</sup> time through dance (starts facing back wall) after the rock recover above, add &3-4: step R back, TOUCH L together hold with weight on R & start dance again

- &3-4 Step R back, rock L forward, recover weight on R
- 5-6 Turning ½ left step L forward, turning ½ left step R back
- 7&8 Turning ¼ left step L to side, step R together, step L to side

### 25-32 R jazz box-ball-cross, R to side, ¼ L coaster, R forward (extended 5<sup>th</sup>), ½ R & L back

- 1-2 Cross step R over L, step L back
- &3-4 Step R to side, cross step L over R, step R to side
- 5&6 Turning ¼ left step L back, step R together, step L forward
- 7-8 Step R forward in extended 5<sup>th</sup>, turning ½ right step L back

### 33-40 R coaster heel, ball cross point, R sailor, ¼ L sailor

- 1&2 Step R back, step L together, touch R heel forward
- &3-4 Step R back, cross step L over R, touch R toes to side
- 5&6 Cross step R behind L, step L to side, step R to side
- 7&8 Turning ¼ left step L behind R, step R to side, step L to side

### 41-48 R forward, L side point, R side switch & hold, L together, R to side, L cross over, R scissor

- 1-2 Step R forward, touch L toes to side
- &3-4 Step L together, step R to side, hold
- &5-6 Step L together, step R to side, cross step L over R
- 7&8 Step R to side, step L together, cross step R over L