STEPPIN'OFF



THEPage



Drowsy Maggie Adapted for Wheelchair Users

4 WALL - 32 COUNTS - IMPROVER			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
Section 1	Roll Forward, Clap, Roll Backward, Clap		
1 - 3	Roll slowly forward.	Roll 2, 3	Forward
& 4	Clap.	Clap	On the spot
5 - 7	Roll slowly forward.	Roll 2, 3	Forward
& 8	Clap.	Clap	On the spot
Section 2	1/2 Turn Right, Roll Forward, Full Turn Right		
1 - 3	Make 1/2 turn to the right.	1/2 Turn Right	Turning Right
& 4	Short roll forward, to return to starting position on floor.	Roll	Forward
5 - 8	Make full turn to the right.	Full turn	Turn Right
Option	If you cannot do the full turn above, try the movement below:		
(5 - 6)	Roll forward, roll backward	Roll Rock	On the spot
(7 - 8)	Brush Palms : brush your thighs with palms of your hands	Brush Brush	
Section 3	Clap, Hand Struts, Clap, Hand Strut, Roll Forward		
1 & 2	Clap and put the hands on the thighs.	Clap	On the spot
3 - 4	Right and left hand together: tips of fingers then palms flat on the thighs	Strut	
& 5	Clap	Clap	
6 - 7	Right and left hand together: tips of fingers then palms flat on the thighs	Strut	
& 8	Short roll forward to return to start position on floor.	Roll	Forward
Section 4	1^1 /4 turn right, Roll Forward		
1 - 2	Make 1/4 turn right	1/4 Turn Right	Turning right
& 3 - 5	Make 1/2 turn to the right	1/2 Turn Right	
& 6 - 7	Make 1/2 turn to the right	1/2 Turn Right	
& 8	Roll forward	Roll Forward	
Option	These movements are very quick! If you cannot do them try this option:		
(1 - 2)	Make a chair twist, diagonally left	Twist Left	On the spot
(3 - 6)	Make 1/4 turn to the right	1/4 Turn Right	Turning right
(7 - 8)	Roll forward	Roll Forward	

Original Choreography by: Maggie Gallagher (UK)

Choreographed to: 'Cock Of The North' by The Fables (135 bpm)

Adapted for Wheelchair users by: Gilles Bataille (France) May 2008 www.handiline.fr