

Acorn

32 count, 4 wall, absolute beginner level
Choreographer: William Sevone (Dec 2002)
Choreographed to: I Feel Bad by Dean Miller
(121 bpm)

Choreographers note:- This is the first in a set of four dances.

These four dances are intended to introduce the dancer to new steps as they progress whilst learning the basic rudiments of balance, coordination etc as well as improving their own personal fitness safely. Here they can practice (and have a bit of fun) with what they have learnt or in the process of learning. The dances within this short series are not intended to be the 'be all and end all' of the introduction to Line dance.

There are many other dances that, once found can work well within the Novice guidelines (some may call these levels Absolute Beginners or New Starters).

Keep the dances short and slowly build up the complexity – and the dancers confidence.

At this very early stage, phrasing within the music is not of great importance so a variety of music will fit the dance – just don't go for the impossible.

The other dances within this series are (step 2) 'Bad Love', (step 3) 'Catchacold' and (step 4) 'Dark Moon'.

Dance starts on the vocal with feet together and weight on the left foot.

Touch: Fwd-Cross-Fwd. Step Bwd. Bwd Touch. Step Fwd. Lock. Step Fwd.

- 1 - 2 Touch right heel forward. Cross touch right toe to outside of left foot.
- 3 - 4 Touch right heel forward. Step backward onto right foot.
- 5 - 6 Touch left toe backward. Step forward onto left foot.
- 7 - 8 Lock right foot behind left. Step forward onto left foot.

Right Grapevine with Touch. Left Grapevine with Touch.

- 9 - 10 Step right foot to right side. Cross step left foot behind right.
- 11 - 12 Step right foot to right side. Touch left toe next to right foot.
- 13 - 14 Step left foot to left side. Cross step right foot behind
- 15 - 16 Step left foot to left side. Touch right toe next to left foot.

Step Bwd. Lock. Step Bwd. 1/4 Left Side Step. Weave.

- 17 - 18 Step backward onto right foot. Lock left foot across front of right.
- 19 - 20 Step backward onto right foot. Turn 1/4 left & step left foot to left side.
- 21 - 22 Cross step right foot over left. Step left foot to left side.
- 23 - 24 Cross step right foot behind left. Step left foot to left side.

Behind Cross Touch. Right Extended Grapevine. Behind Cross Touch. Side Step.

- 25 - 26 Cross touch right toe behind left foot. Step right foot to right side.
- 27 - 28 Cross step left foot behind right. Step right foot to right side.
- 29 - 30 Cross step left foot over right. Step right foot to right side.
- 31 - 32 Cross touch left toe behind right foot. Step left foot to left side.

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