

Extreme

4 Wall Line Dance. 48 Counts. Intermediate/Advanced Level.

Choreographed by:- Daniel Whittaker (UK) Oct 2000

Choreographed to:- 'Dance & Shout' by Shaggy from Hotshots.

Music Suggestions:- 'Lady' by Modjo, 'Fever' by Jeff Moore, 'Start The Car' by Travis Tritt.

Steps	Actual Footwork	Calling Suggestion	Direction
<u>Section 1</u>	<u>Right Grapevine, Knee Twist, Chasse Left.</u>		
1 – 2	Step right to right side. Cross left behind right.	Step. Behind.	Right
3 – 4	Step right to right side. Touch left beside right.	Step. Touch.	
5 – 6	With left touched beside right, push knee to left side. Return knee to centre.	Knee Out. In.	On the spot
7 & 8	Step left to left side. Close right beside left. Step left to left side.	Side Close Side	Left
<u>Section 2</u>	<u>Groovy Walk, with attitude, (Diagonal Steps and Heel Taps).</u>		
9 & 10	Step right diagonally forward right. Lift right heel. Drop heel, take weight.	Right & Heel	Forward
11 & 12	Step left diagonally forward left. Lift left heel. Drop heel, take weight.	Left & Heel	
13 – 14	Step forward right, (towards 1:00). Step forward left.	Right. Left.	
15	Keep right toe in place and swing right heel into left instep.	Heel	On the spot
16	Swing right heel back to place.	Back	
<u>Section 3</u>	<u>Coaster Step, Paddle 3/4 turn Left, Right & left Hip Bumps.</u>		
17 & 18	Step back left. Step right beside left. Step forward left.	Coaster Step	On the spot
19	On ball of left make 1/4 turn left, touching right toe to right side.	Turn	Turning left
& 20	Slightly hitch right knee making 1/2 turn left. Touch right to right side.	& Turn	
21 & 22	Step to right side onto right bumping hips - Right, Left, Right.	Right Hip Bump	Right
23 & 24	Lean to left and bump hips – Left, Right, Left.	Left Hip Bump	Left
<u>Section 4</u>	<u>Step, Touch, Back, 1/4 Turn Right, Step, 1/2 Turn Left, Back Shuffle.</u>		
25 – 26	Step forward right. Touch left toe behind right heel.	Forward. Touch.	Forward
27 – 28	Step back on left. Step right 1/4 turn right.	Back. Turn.	Turning right

29 – 30	Step forward left. On ball of left make 1/2 turn left stepping back on right.	Step. Turn.	Turning left
31 & 32	Step back left. Close right beside left. Step back left.	Back Shuffle	Back
Section 5	<i>Right Toe & Heel Taps, Kick Ball Change, Kick, Step Back, Jazz Box</i>		
33 & 34	Step right toe forward. Tap right heel <u>twice</u> (no weight).	Right. Heel Tap.	Forward
35 & 36	Kick right forward. Step right beside left. Step left in place.	Kick Ball Change	On the spot
37 – 38	Kick right forward. Step back on right.	Kick. Back.	Back
39 & 40	Cross left over right. Step back right. Step left to left side.	Cross Back Side	
Section 6	<i>Heel Switches with 1/4 Turn Right, Cross, Kick, Cross, Unwind 1/2 Turn.</i>		
41 &	Touch right heel forward. Step right beside left.	Heel & Heel Turn	On the spot
42 &	Touch left heel forward. Step left beside right making 1/4 turn right.		Turning right
43 &	Touch right heel forward. Step right beside left.	Heel &	On the spot
44 &	Touch left heel forward. Step left beside right.	Heel &	
45 – 46	Cross right over left. Kick left diagonally forward left.	Cross Kick	Left
47 – 48	Cross left over right. Unwind 1/2 turn right (weight ends on left).	Cross. Unwind.	Turning right

Choreographers Option :- The last section of this dance, steps 41 - 48 can be replaced with Running man steps making a 3/4 turn right, and a kick ball touch.