




Approved by:



First South

4 WALL - 32 COUNTS - ABSOLUTE BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Step Touches		
1 - 2	Step right forward. Touch left beside right.	Step Touch	Forward
3 - 4	Step left back. Touch right beside left.	Back Touch	Back
5 - 6	Step right to right side. Touch left beside right.	Side Touch	Right
7 - 8	Step left to left side. Touch right beside left.	Side Touch	Left
Section 2	Side, Close, Side, Touch, Side, Close, 1/4 Turn Left, Touch		
1 - 2	Step right to right side. Step left beside right.	Side Together	Right
3 - 4	Step right to right side. Touch left beside right.	Side Touch	
5 - 6	Step left to left side. Step right beside left.	Side Together	Left
7 - 8	Step left 1/4 turn left. Touch right beside left.	Turn Touch	Turning left
Section 3	Heel Hooks Right and Left		
1 - 2	Touch right heel forward. Hook right heel across left shin.	Heel Hook	On the spot
3 - 4	Touch right heel forward. Step right beside left.	Heel Together	
5 - 6	Touch left heel forward. Hook left heel across right shin.	Heel Hook	
7 - 8	Touch left heel forward. Step left beside right.	Heel Together	
Section 4	Side, Close, Side, Touch, Side, Close, Side, Touch		
1 - 2	Step right to right side. Step left beside right.	Side Together	Right
3 - 4	Step right to right side. Touch left beside right.	Side Touch	
5 - 6	Step left to left side. Step right beside left.	Side Together	Left
7 - 8	Step left to left side. Touch right beside left.	Side Touch	

Choreographed by: Pamela Hodgkiss (UK) March 2007.

Choreographed to: 'About The South' by Rodney Atkins (128 bpm) from CD If You're Going Through Hell (start on vocals)

Music Suggestion: 'Long Black Train' by Josh Turner: Single or from CD Long Black Train