



Approved by:

Theresa Needham

15 Minutes

4 WALL - 32 COUNTS - BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Step, Touch, Back, Touch, Side, Together, 1/4 Turn, Brush		
1 - 2	Step right forward. Touch left beside right.	Forward Touch	Forward
3 - 4	Step left back. Touch right beside left.	Back Touch	Back
5 - 6	Step right to right side. Step left beside right.	Right Together	Right
7 - 8	Make 1/4 turn right stepping right forward. Brush left forward. (3:00)	Turn Brush	Turning right
Section 2	Forward Lock Step, Brush, Cross, 1/4 Turn, Side, Cross		
1 - 2	Step left forward. Lock right behind left.	Left Lock	Forward
3 - 4	Step left forward. Brush right forward.	Left Brush	
5 - 6	Cross right over left. Make 1/4 turn right stepping left back. (6:00)	Cross Turn	Turning right
7 - 8	Step right to right side. Cross left over right.	Side Cross	Right
Section 3	Toe Strut, Back Rock (x 2)		
1 - 2	Step right toe to right side. Drop right heel taking weight.	Toe Strut	Right
3 - 4	Rock back on left. Recover onto right.	Back Rock	On the spot
5 - 6	Step left toe to left side. Drop left heel taking weight.	Toe Strut	Left
7 - 8	Rock back on right. Recover onto left.	Back Rock	On the spot
Section 4	Walk Forward x 3, Kick, Walk Back x 2, 1/4 Turn, Touch		
1 - 2	Walk forward right. Walk forward left.	Right Left	Forward
3 - 4	Walk forward right. Kick left forward.	Right Kick	
5 - 6	Step left back. Step right back.	Left Right	Back
7 - 8	Making 1/4 turn left step left to left side. Touch right beside left. (3:00)	Turn Touch	Turning left

Choreographed by: Theresa Needham (UK) June 2009

Choreographed to: '15 Minutes' by Rodney Atkins (132 bpm) from CD It's America; also available as download from tescodigital.com or iTunes (38 sec intro - start on word "smokin'")