

Full English Workout

48 Count, 4 Wall, Beginner

Choreographer: Dave Powney (Feb 2013)

Choreographed to: Corned Beef City by Mark Knopfler

Intro: 32

CROSS, UNCROSS, OUT, IN, FORWARD, IN, UP, DOWN

- 1-2 Hold for 2 counts (cross arms hands touching shoulders, uncross arms touch shoulders)
- 3-4 Hold for 2 counts (point both arms out at shoulder height, bring hands together in front of chest)
- 5-6 Hold for 2 counts (point both hands forward, bring both hands into chest)
- 7-8 Hold for 2 counts (point both hands upwards, bring both hands down to chest)

POINT RIGHT, IN, POINT LEFT, IN, POINT RIGHT, IN, POINT LEFT, IN

- 1-2 Hold for 2 counts (point both hands down to right, return hands to chest)
- 3-4 Hold for 2 counts (point both hands down to left, return hands to chest)
- 5-6 Hold for 2 counts (point both hands down to right, return hands to chest)
- 7-8 Hold for 2 counts (point both hands down to left, return hands to chest)

GRAPEVINE RIGHT, TOUCH LEFT, GRAPEVINE TURN ¼ LEFT, TOUCH RIGHT

- 1-4 Vine right, touch left together
- 5-8 Vine left turning ¼ left, touch right together

K STEP (DIAGONAL STEPS)

- 1-2 Step right diagonally forward, touch left together
- 3-4 Step left diagonally back, touch right together
- 5-6 Step right diagonally back, touch left together
- 7-8 Step left diagonally forward, touch right together

SHUFFLE, ROCK, STEP, SHUFFLE, ROCK, STEP

- 1&2 Chassé forward right-left-right
- 3&4 Rock left forward, recover to right, step left back
- 5&6 Chassé back right-left-right
- 7&8 Rock left back, recover to right, step left forward

POINT, HITCH, POINT, HITCH, POINT, STEP, POINT, HITCH, POINT, HITCH, POINT, STEP

- 1&2 Point right back, hitch right knee, point right back
- 3&4 Point right forward, hitch right knee, step right together
- 5&6 Point left back, hitch left knee, point left back
- 7&8 Point left forward, hitch left knee, step left together