

I Heard It Through The Grapevine

48 count, 4 wall, intermediate level

Choreographer: Barry Durand (USA) Oct 03

Choreographed to: I Heard It Through The Grapevine, Michael
McDonald, Mowtown, bpm 112

Intro/Count In: 32 beats

Suggested music: "I Heard it Through the Grapevine" by Michael McDonald. Works with any 48 count phrased song with bpm range from 100 – 125 bpm – swing feel. One Restart. Dance has several foot patterns that are exactly the same as couples Westcoast Swing. Wait 32 counts to start.

1-8 Sugar Push with foot circle

(1,2,&3,4,5-8) Step forward right (1), forward left (2), moving backward let your body face a forward right diagonal and step slightly back with right foot (&), cross left in front of right still going back (3), step right back (4) – and turn slightly back to facing front (12:00). Weight on Right and do a foot circle with your left. To do this lift your left leg bent at knee and keeping knee in one spot, make a small circle counterclockwise with left foot- (5) and step down on the left having turned ¼ turn to the left (6). Body is facing 9:00, but left foot is turned out left facing 7:30. then turn ¼ right and step with right foot forward (7) and walk forward left (8). Back to facing 12:00

10 - 16 Skaters turn, pivot, side rock cross

(1-6, 7&8) Turn ½ to the left (1,2) by keeping weight on left and sweep right around (skaters turn that came off the forward momentum of previous left step), walk right (3), step forward left (4), stationary pivot ½ turn off the left foot to the right and step on right foot (5), step forward left (6), rock right to side and recover left, cross right in front of left (7&8)

17-24 Ronde, sailor, heel drops, point ball change

(1,2,3&4 Do a twist turn ronde by unwinding from the cross to your left with weight on right foot and 5,6,7&8) ronde with the left (1,2). You will have made a 1 & 1/8 turn back to front diagonal left. Sailor step and point by stepping back with left (3), slightly side right (&), point left foot to left (4). Drop left heel 2 x (5,6), Point ball tap (like a kick ball tap) by pointing left foot to left slightly above the floor (7), step near where the left was pointed (&), turn 1/2 right and tap right foot forward with the toe (8) facing 3:00.

27-32 8 count lady's whip

(12,3&4, This is exactly the footwork for a ladies closed whip in Westcoast swing couples. Walk forward 5,6, 7&8) right (1), step forward left turning ½ turn to the right (2), back coaster step by stepping back right (3), together left (&), forward right (4), step forward left turning ½ turn to the right (5), step back right (6), triple step in place L,R,L (7&8). End with toes pointed in and heels split.

33-40 Turning Apple Jack (sort of) sugar tuck

(1-8) Turning ¾ turn to the left on 4 counts, do a half an applejack turn (heel & ball movement to circle). That would be if you start at the end of the last count 8 with your toes turned in, then put weight on right ball and left heel and split feet out on count 1 (heels in), transfer weight to left ball and right heel and swivel feet in on count & (heels out), repeat on 2&3&4 and try hard to make a ¾ rotation weight on Left on 4. If not quite finished can adjust to ¾ on next step. Walk forward right (5), forward left (6), touch right behind left (7), turn ½ turn to the right and step right 8. This is the start of a sugar tuck turn in Westcoast.

Easier variation for Apple Jack: ¾ paddle turn to left. (1&2&3,4 – RLRLRL)

41-48 Turn, point flick, hip steps.

(1&2,3-8) Turn full turn on a triple step to the right (if beginners... don't turn.. just shuffle forward) starting with your left ending with a step forward on the left – L,R,L (1&2). Tap the right toe forward (3), turn ½ turn to the left while flicking your right foot in an attitude position and dropping weight onto left foot even more (4). To do this you have to lift your left heel on an & between 3-4 so that you drop on 4 at end of turn. Step forward right (5), swing left hip up and touch left toe to floor (6), step forward left (7), turn ¼ turn right as you swing right hip forward and touch right toe to floor in a tap (8).

Repeat

Restart: After 4 times through, go through the first 16 beats but on 15&16 which is side rock, recover, cross.... Do a side rock, recover and tap right next to left. Then restart.