

Choreographers note:- This music is almost as popular a Woman's anthem as is Gloria Gaynor's 'I will survive' - though the content of the lyrics within the song are the complete opposite. The step combinations within the dance are relatively basic, but with the inclusion of the single count 1/2 turn it does mean that this dance moves from Beginner to Advanced Beginner within the new levels - but only just. The choice of alternate music makes this dance quite flexible and should suit most tastes. Always remember - 'The beat may reach your feet - but the rhythm will electrify your soul'. Dance starts on the vocals "Boy..." as in "Boy..nothing in life is free". Feet together, weight on the right foot.

## 2x Diag Cross Step-Side Rock-Rock. Rock Fwd. Rock (12:00)

- 1 - 2 Cross step left foot diagonally forward over right. Rock right foot to right side.
- 3 Rock onto left foot.
- 4 - 5 Cross step right foot diagonally forward over left. Rock left foot to left side.
- 6 Rock onto right foot.
- 7 - 8 Rock forward onto left foot. Rock onto right foot.

## 3x Backward Shuffle. Rock Backward. Rock (12:00)

Dance note: Counts 9-14 are short stepped

- 9& 10 Step backward onto left foot, close right foot next to left, step backward onto left foot.
- 11& 12 Step backward onto right foot, close left foot next to right, step backward on right foot.
- 13& 14 Step backward onto left foot, close right foot next to left, step backward onto left foot.
- 15 - 16 Rock backward right foot. Rock onto left foot.

## 4x Diagonal Fwd Step-Toe Tap with Expression (12:00)

- 17 - 18 Step diagonally forward right onto right foot. Tap left toe behind right heel & click fingers.
- 19 - 20 Step diagonally forward left onto left foot. Tap right toe behind left heel & click fingers.
- 21 - 22 Step diagonally forward right onto right foot. Tap left toe behind right heel & click fingers.
- 23 - 24 Step diagonally forward left onto left foot. Tap right toe behind left heel & click fingers.

## Side Step. 1/2 Left Together. 3x Forward Diagonal Shuffle (6:00)

- 25 - 26 Step right foot to right side. Turn 1/2 left & step left foot next to right.
  - 27& 28 (diag left) Step forward onto right foot, close left foot next to right, step forward onto right foot.
  - 29& 30 (diag right) Step forward onto left foot, close right foot next to left, step forward onto left foot.
  - 31& 32 (diag left) Step forward onto right foot, close left foot next to right, step forward onto right foot.
- Option: Replace diagonal shuffles with short stepped forward shuffles.

Other suggested music:		Peter Andre	Mysterious girl (86 bpm)
		Lulu	Supernatural (110 bpm)
		Kool & The Gang	Ladies night (111 bpm)
		Atomic Kitten	Ladies night (112 bpm)
		Kelis	Milkshake (113 bpm)
		Lulu	Roll the dice (115 bpm)
		Enrique Iglesias	Not in love (117 bpm)
		Gladys Knight & The Pips	No one could love you more (118 bpm)
		Heatwave	Boogie nights (120 bpm)
		Gary Allan	Red lips, blue eyes, little white lies (126
		LMC vs U2	Take me to the clouds above (129 bpm)
		Girls Aloud	Jump (134 bpm)
		Marty Stuart	Hillbilly rock (136 bpm)
		The Mavericks	Dance the night away (140 bpm)
		Pointer Sisters	Jump (140 bpm)
		George Jones	Billy B. Badd (144 bpm)
		Kentucky Headhunters	Party zone (144 bpm)