

Jonah In The Whale

32 Count, 2 Wall, Beginner

Choreographer: Claire Bell (UK) March 2013

Choreographed to: Ac-Cent-Tchu-Ate the Positive by Jools
Holland and Rumer, CD: The Golden Age Of Song

Start on vocals 64 count intro (32 seconds)

1-8 R Side shuffle, L Back rock, L shuffle 1/4 turn L, R side shuffle 1/4 turn L

1&2 Step right to right side, step left next to right, step right to right side,

3,4 Rock back on left, recover weight on right

5&6 Turn 1/4 left stepping forward on left, step right next to left, step left forward,

7&8 Turn 1/4 left stepping right to right side, step left next to right, step right to right side

*** Tag at end of wall 4**

9-16 L back rock, L kickball cross, weave L

1,2,3&4 Rock back on left, recover weight on right, Kick left forward, step down on left, cross right over left

5,6,7,8 Step left to side, cross right behind left, step left to side, cross right over left

17-24 L side rock, cross shuffle, R side rock, cross shuffle

1,2 Rock left to left side, recover weight on right

3&4 Cross left over right, step right to right side, cross left over right

5,6 Rock right to right side, recover weight on left

7&8 Cross right over left, step left to left side, cross right over left

25-32 L side rock, behind side cross, weave R

1,2,3&4 Rock left to side, recover weight on right,

3&4 Step left behind right, step right to right side, cross left over right

5,6 Step right to right side, cross left behind right,

7,8 Step right to right side, cross left over right

*** Tag: At the end of the 4th wall (facing front)**

1-8 R side shuffle, L back rock, L side shuffle, R back rock

1&2 Step right to right side, step left next to right, step right to right side,

3,4 Rock back on left, recover weight on right

1&2 Step left to left side, step right next to left, step left to left side,

3,4 Rock back on right, recover weight on left

Note: The music slows towards the end, just dance with it and on count 32 cross left over right and unwind 1/2 turn right.

Dedicated to my amazing mother Margaret, who told me about the music !