



## Online (a.k.a. Six Pack Abs)

32 count, 4 wall, beginner/intermediate level

Choreographer: Moses Bourassa Jr. & Barbara  
Frechette (USA) July 2007

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Choreographed to: Online by Brad Paisley, CD: 5th  
Gear

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### **SIDE STEPS, SLIDE STEPS, SCUFFS**

- 1-2 Step left to side, slide right together
- 3-4 Step left to side, scuff right forward
- 5-6 Step right to side, slide left together
- 7-8 Step right to side, scuff left forward

### **ROCK STEPS, RECOVER STEPS, IN-PLACE STEPS, FORWARD SCUFFS**

- 1-2 Rock left forward, recover on right
- 3-4 Step left together, scuff right forward
- 5-6 Rock right forward, recover on left
- 7-8 Step right together, scuff left forward

### **FORWARD SHUFFLES, FORWARD STEPS, TURN ½**

- 1&2 Shuffle LEFT FORWARD, right, left
- 3&4 Shuffle RIGHT FORWARD, left, right
- 5-6 Step left forward, turn ½ right (weight to right)
- 7-8 Step left forward, step right forward

### **MODIFIED SAILOR STEPS, FORWARD STEPS, TURN ½, TURN ¼**

- 1&2 Cross left behind right, step right to side, cross left over right
- 3&4 Cross right behind left, step left to side, step right forward
- 5-6 Step left forward, turn ½ right (weight to right)
- 7-8 Step left forward, turn ¼ right (weight to right)

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Music download available from iTunes

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