

## Orvar

32 count, 2 wall, beginner level

Choreographer: Thomas Blixt-Hansson (Sweden)

July 2006

Choreographed to: Who's Been Sleeping In My Bed  
by Glenn Frey, Solo Collection (109 bpm); Just A  
Gigolo by David Lee Roth; I Ain't Got Nobody by  
Skyscraper

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Start on vocals

**Right Toe Strut, left toe strut, ¼ turn left, clap, ¼ turn left, clap.**

- 1-2 Step forward on right toe. Drop heel taking weight.
- 3-4 Step forward on left toe. Drop heel taking weight.
- 5-6 Turn ¼ to the left and step right foot back, clap hands.
- 7-8 Turn ¼ to the left and step left foot forward, clap hands.

**Right rocking chair. Walk forward 3 steps, clap**

- 1-2 Rock/Step forward on right foot, recover onto left foot.
- 3-4 Rock/Step back on right foot, recover onto left foot.
- 5-8 Step forward right, left, right, clap hands

**Left Toe Strut, right toe strut. Left rocking chair.**

- 1-2 Step forward on left toe. Drop heel taking weight.
- 3-4 Step forward on right toe. Drop heel taking weight.
- 5-6 Rock/Step forward on left foot, recover onto right foot.
- 7-8 Rock/Step back on left foot, recover onto right foot.

**Stomp, clap, stomp, clap. Walk forward 3 steps. Clap**

- 1-2 Stomp left foot forward, clap hands.
- 3-4 Stomp right foot forward, clap hands.
- 5-8 Step forward left, right, left, clap hands.

Alternative Tracks:

Billy Swan - Jailhouse Rock/King Creole - Like Elvis Used to Do - 126 Bpm

Deans - Mony Mony - Kiss Me Honey, Honey - 141 Bpm

John Fogerty - Rambunctious Boy - Blue Moon Swamp - 150 Bpm

Tina Turner - What You Get Is What You See - Break Every Rule - 156 Bpm

Shakin' Stevens - Lipstick, Powder And Paint - Hits Vol. 2 - 157 Bpm