



Web site: [www.linedancermagazine.com](http://www.linedancermagazine.com)

E-mail: [admin@linedancermagazine.com](mailto:admin@linedancermagazine.com)

## Pure & Simple

32 count, 4 wall, Beginner/Intermediate level  
Choreographer : The Girls (Maureen & Michelle)  
(UK) March 2001

Choreographed to : Pure & Simple by Hear'say  
(150 bpm)

e-mail : [thegirls2ms@hotmail.com](mailto:thegirls2ms@hotmail.com)

---

### **ROCK FORWARD & BACK, HOLD, ROCK BACK & FORWARD, HOLD**

- 1-2 Rock right forward, recover back on left
- 3-4 Rock right back (left heel raised and left knee bent), hold
- 5-6 Rock left back, recover forward on right
- 7-8 Rock left forward (pushing left hip and left shoulder forward), hold

### **KICK, BACK, CROSS, BACK, KICK, ¼ TURN, KNEE BEND**

- 9-10 Kick right forward, step right back
- 11-12 Step left back and across right, step right back
- 13-14 Kick left forward, making ¼ turn left step left to left
- 15-16 Touch right beside left and bend at knees (15), straighten legs (16)

### **DIAGONAL SKATES, DIAGONAL SIDE STEPS**

- 17-18 Over 2 counts skate right diagonally forward right,
- 19-20 Over 2 counts skate left diagonally forward left,
- 21-22 Step right diagonally forward right, step left beside right
- 23-24 Step right diagonally forward right, touch left beside right

### **ROCK, ½ TURN, STEP, TOUCH, DIAGONAL LONG STEP BACK, STEP**

- 25-26 Rock left forward, recover back on right
- 27-28 Make ½ turn left and step left forward, touch right beside left
- 29-32 Step right long step diagonally back right, drag left to step beside right