

Sheila

32 Count, 4 Wall, Improver

Choreographer: Marijke Remkes (NL) Dec 2011

Choreographed to: Sheila by Tommy Roe,

CD: Greatest Hits

Intro: 16

SWEEP RIGHT BACK, SWEEP LEFT BACK, PADDLE TURNS ½ LEFT

- 1-2 Sweep right back, step right back
- 3-4 Sweep left back, step left back
- 5-6 Step on right toe forward, turn ¼ left (9:00)
- 7-8 Step on right toe forward, turn ¼ left (6:00)

RIGHT SAILOR STEP, HOLD, LEFT SAILOR STEP WITH TURN ¼ LEFT, HOLD

- 1-2-3 Step cross behind left, step a little left, step a little right
- 4 Hold
- 5-6-7 Step turn ¼ left behind right (3:00), step a little right, step a little left
- 8 Hold

CROSS OVER LEFT, SIDE, CROSS OVER LEFT, HOLD, CROSS OVER RIGHT, SIDE, CROSS OVER RIGHT, HOLD

- 1-2-3 Cross over left, step a little to left, cross over left
- 4 Hold
- 5-6-7 Cross over right, step a little to right, cross over right
- 8 Hold

POINT RIGHT BACK, UNWIND ¼ RIGHT, CLAP, POINT RIGHT BACK, UNWIND ¼ RIGHT, CLAP

- 1-2 Touch behind left, unwind turn ¼ right (6:00)
- 3-4 Clap two times in your hands
- 5-6 Touch behind left, unwind turn ¼ right (9:00)
- 7-8 Clap two times in your hands

RESTART after count 16 on wall 5