

Six Pack

64 Count, 2 Wall, Improver

Choreographer: Cassey Rowe (UK) April 2014

Choreographed to: Six Pack by Gary Ray

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- 1 Heel, hook, step, flick, back, lock, back, hold**
1-4 Right heel tap forward, Right hook in front of Left shin, Right step forward, Left flick up behind right
5-8 Left step back, Right step back lock over Left, Left step back, hold
- 2 Full Turn R, hold, fwd, lock, fwd, hold**
9-12 Full turn R R,L,R, hold (Easier option Right Coaster) (12.00)
13-16 Left step forward, Right step lock behind Left, Left step forward, hold****R
- 3 1/4 turn L, tap, 1/4 turn L, tap, side, hold, back rock**
17-18 Right step to side with 1/4 turn L, Left tap next to Right (9.00)
19-20 Left step to side with 1/4 turn L, Right tap next to Left (6.00)
21-24 Right step to side, hold, Left back rock, recover
- 4 Side, tog, Side, hold, Fwd rock, recover, back strut**
25-28 Left step to side, Right step next to Left, Left step forward, hold
29-30 Right step forward, recover onto Left
31-32 Right toe back, lower Right heel
- 5 Back strut, back strut, back, back, forward, hold**
33-34 Left toe back, lower Left heel
35-36 Right toe back, lower Right heel
37-40 Left step back, Right step next to Left, Left step forward, hold
- 6 Fwd, hook, back, hook, fwd, lock, fwd, hold**
41-44 Right step forward, hook Left behind Right, Left step back, Right hook in front of Left
45-48 Right step forward, Left step lock behind Right, Right step forward, hold
- 7 Fwd 1/2 turn R, fwd 1/2 turn R, side, tog, fwd, hold**
49-52 Left step forward, pivot 1/2 turn Right (12.00), Left step forward, pivot 1/2 Right (6.00)
(Easier option: Rocking Chair)
53-56 Left step to side, Right step next to Left, Left step forward, hold
- 8 Side, tog, back, hold, back, back, fwd, hold**
56-59 Right step to side, Left step next to right, Right step back, hold
60-64 Left step back, Right step next to Left, Left step forward, hold

****RESTART After count 16 on WALLS 4 and 8