

**PART A****LEFT ROMP, RIGHT ROMP 1/4 TURN BALL CHANGE, STEP RIGHT, LEFT, RIGHT COASTER STEP**

- & 1 & 2 Step back on right foot, touch left heel diagonally forward, step left back in place, step right next to left  
& 3 & 4 Step back on left foot, touch right heel diagonally forward, step right back in place making 1/4 turn to the right, step left foot forward  
5 - 6 Step forward right, step forward left, (right foot should raise slightly when you step forward left)  
7 & 8 Place weight back on right foot, step left next to right, step forward on right foot

**STEP LEFT, 3/4 PIVOT TURN RIGHT, SIDE SHUFFLE LEFT, 1/4 TURN RIGHT COASTER STEP, STEP LEFT, 1/4 TURN RIGHT**

- 9 - 10 Step forward on left foot, pivot 3/4 turn right  
11 & 12 Step left foot to left side, slide right next to left, step left foot to left side  
13 & 14 Making a 1/4 turn backward over right shoulder step back on right foot, step left next to right, step forward on right foot  
15 - 16 Step forward on left foot, pivot 1/4 turn right, (weight on left foot)

**CROSS ROCKS RIGHT, CROSS ROCKS LEFT**

- 17 & Cross step right foot in front of left lifting left foot, place weight onto left foot lifting right  
18 & Place weight onto right lifting left, place weight onto left foot lifting right  
19 - 20 Place weight onto right lifting left, scuff & hitch left foot next to right  
21 & Cross step left foot in front of right lifting right foot, place weight onto right foot lifting left  
22 & Place weight onto left lifting right, place weight onto right foot lifting left  
23 - 24 Place weight onto left lifting right, scuff & hitch right foot next to left

**/Put spring into these steps****STEP RIGHT, PIVOT 1/2 TURN LEFT, STEP RIGHT, PIVOT 1/2 TURN LEFT, SCUFF HITCH RIGHT, SCUFF HITCH LEFT**

- 25 - 26 Step forward on right foot, pivot 1/2 turn left  
27 - 28 Step forward on right foot, pivot 1/2 turn left  
29 & 30 Scuff right foot next to left, hitch right knee, step forward on right foot  
31 & 32 Scuff left foot next to right, hitch left knee, step forward on left foot

**ROCK FORWARD RIGHT, RIGHT SHUFFLE BACK, ROCK BACK LEFT, LEFT SHUFFLE FORWARD**

- 33 - 34 Rock forward on right foot, rock back on left foot  
35 & 36 Step back right, slide left next to right, step back on right  
37 - 38 Rock back on left foot, rock forward on right foot  
39 & 40 Step forward left, slide right next to left, step forward on left

**STOMP RIGHT, HEEL TAPS X 3, SHOULDER SHRUGS X 4 WITH 1/4 TURN**

- 41 - 44 Stomp right foot forward, tap right heel for 3 counts  
45 - 48 Shrug right shoulder forward & back for 4 counts, while making a 1/4 turn left (weight on left foot)

**PART B****SIDE SHUFFLE RIGHT, ROCK LEFT BEHIND, 2 X HIP BUMPS LEFT, 2 X HIP BUMPS RIGHT**

- 49 & 50 Step right to right side, slide left next to right, step right to right side  
51 - 52 Rock back on left behind right foot, rock weight back on to right foot  
53 - 54 Step on left foot as you bumps hips to left (2 counts)  
55 - 56 Bump hips to right twice, (weight on right foot)

**/Hip bumps can be replaced for snake rolls left (2 counts) then right (2 counts)****SIDE SHUFFLE LEFT, ROCK RIGHT BEHIND, 2 X HIP BUMPS RIGHT, 2 X HIP BUMPS LEFT**

- 57 & 58 Step left to left side, slide right next to left, step left to left side  
59 - 60 Rock back on right behind left foot, rock weight back on to left foot

61 - 62 Step on right foot as you bumps hips to right (2 counts)  
63 - 64 Bump hips to right twice, (weight on left foot)

**/Hip bumps can be replaced for snake rolls right (2 counts) then left (2 counts)**

**REPEAT**

**/When The Interceptor was demonstrated, the majority preferred the dance with section (A) & (B) danced as one sequence. When dancing to Don't Be Stupid by Shania Twain, or any other piece of music you prefer the dance should be danced as a 64 step Intermediate Line Dance**

**/For the more adventurous dancer, try doing the dance to "Put Your Heart Into It" by Sherril & 1/2 Austin, dancing it as follows:**

**/Section A, B, A, B, C, A, A, The last 16 counts from section A (33 - 48), B**

**PART C**

**SIDE SHUFFLE, CROSS LEFT, UNWIND FULL TURN, SIDE SHUFFLE, ROCK BACK, ROCK FORWARD**

1 & 2 Step right to right side, slide left next to right, step right to right side  
3 - 4 Cross step left foot in front of right, unwind a full turn to the right  
5 & 6 Step left to left side, slide right next to left, step left to left side  
7 - 8 Rock back on right foot, rock forward on left

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