

Underground

68 Count, 4 Wall, Intermediate
Choreographer: Helen J Spaven (UK)
Choreographed to: Sound of the Underground
by Girls Aloud

Start on vocals.

Section 1 Right out, in, out in out in. Left out, in, out in out in.

- 1-2 Touch right foot to right side. Hold. Touch right foot next to left. Hold
3&4& In double time touch right out to right side, touch right next to left, touch right foot out to right side and touch right next to left.
5-6 Touch left foot to left side. Hold. Touch left foot next to left. Hold.
7&8& In double time touch left foot to left side, touch left next to right, touch left foot out to left side and step left foot next to right putting weight onto left foot.

Section 2 Right strut, left strut, right strut, left strut. Jump cross, jump cross, cross and cross.

- 9-10 Step right toe forward then step right heel down.
11-12 Step left toe forward then step left heel down.
13-14 Step right toe forward then step right heel down.
15-16 Step left toe forward then step left heel down.
&17 Whilst jumping backwards cross right foot in front of left whilst crossing left foot behind right. Jump feet apart.
&18 Whilst jumping backwards cross left foot in front of right whilst crossing right foot behind left. Jump feet apart.
&19 Cross right foot in front of left whilst crossing left foot behind right. Jump feet apart.
&20 Cross right foot in front of left whilst crossing left foot behind right. Jump feet apart.

Section 3 Right toe, heel scuff, step. Left toe, heel, scuff step.

- 21 Touch right toe beside left foot.
22 Touch right heel next to left foot.
23 Scuff right heel forward.
24 Step forward on the right.
25 Touch left toe beside right foot.
26 Touch left heel next to right foot.
27 Scuff left heel forward.
28 Step forward on left foot.

Section 4 Touch hitch cross, touch hitch cross, turn turn touch, twist twist twist (x 2)

- 29-30 Touch right toe next to left foot, hitch right knee and cross right leg in front of left.
31-32 Touch left toe to left side, hitch left knee and cross left leg in front of right.
33-34 Turn 1/4 turn left stepping back on right foot, turn 1/4 turn left stepping left foot to the side, touch right foot next to left.
35-36 Twist right toe to right side, twist right heel to right side, twist right toe to right side.
37-38 Touch right toe next to left foot, hitch right knee and cross right leg in front of left.
39-40 Touch left toe to left side, hitch left knee and cross left leg in front of right.
41-42 Turn 1/4 turn left stepping back on right foot, turn 1/4 turn left stepping left foot to the side, touch right foot next to left.
43-44 Twist right toe to right side, twist right heel to right side, twist right toe to right side.

Section 5 Right kick ball change, kick ball change, side rock, behind and in front.

Left kick ball change, kick ball change, side rock, and sailor 1/4 turn.

- 45&46 Kick right foot forward, step back on right foot only putting weight onto the ball of right foot, step left foot forward.
47&48 Kick right foot forward, step back on right foot only putting weight onto the ball of right foot, step left foot forward.
49-50 Rock right to right side, recover weight back onto left.
51&52 Step right foot behind left, step left foot to left side, step right foot in front of left.
53&54 Kick left foot forward, step back on left foot only putting weight onto ball of left foot, step right foot forward.
55&56 Kick left foot forward, step back on left foot only putting weight onto ball of left foot, step left foot forward.
57-58 Rock out to left side, recover weight onto the right.
59&60 Turn 1/4 turn to left stepping left foot behind right, step right foot to right side, step left foot to left side

Section 6 Step 2 3 4, step 2 3 4.

- 61-64 Step right foot forward, pivot 1/2 turn left dropping heels twice.
65-68 Step right foot forward, pivot 1/2 turn left dropping heels twice

