

Wabash Rock

BEGINNER 32 Count Choreographed by: Todd Lescarbeau Choreographed to: Wabash Cannonball by Grovegrass

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STEP-HITCHES WITH FINGER SNAPS, SYNCOPATED JAZZ-BOX

- 1 2 Step forward on right, hitch left knee as you snap fingers (hands move downward)
- 3 4 Step forward on left, hitch right knee as you snap fingers (hands move downward)

/When stepping forward, an option would be to cross the "stepping foot" over and follow with the hitch of the knee

- 5 6 Step forward on right, hitch left knee while snapping fingers
- 7 & 8 Cross and step left over right, step back on right, step left beside right

TOE BACK, 1/2 TURN RIGHT, STEP, CLAP, OUT RIGHT-OUT LEFT, 1/2 LEFT WITH JUMPS

- 1 2 Touch right toe back, turn 1/2 right placing weight on right foot
- 3 4 Step left next to right, clap hands!
- 5 6 Step right foot to side, step left foot to side (feet approx. 12-18" apart) see below for hand movements
- 7 & 8 Turning to 1/8 left, slightly jump moving feet in (approx. 3"), continue to turn another 1/8 left moving feet inward another 3", finish rotating another 1/4 left moving feet together

/Hand movements: As you step right foot to right, bring right hand out to side palm facing out. Repeat same movement for the "left step to side." As you turn 1/2 left bring arms in crossing in front of chest. Palms resting just below the shoulders

SIDE-ROCK, CROSS, TOUCH, 1/4 TURN LEFT WITH HOOK, SHUFFLE STEP, HIP BUMPS

- 1 & 2 Step right foot to right, recover onto left foot, cross-step right foot over left
- 3 4 Touch left toe out to side, turn 1/4 left and hook left foot over right shin
- 5 & 6 Shuffle step forward left-right-left
- 7 8 Step forward on right and bump hips forward two times

/Hand movements: As you bump hips forward, take right hand and pull in a downward motion (simulating pulling the cord of a train whistle)

SYNCOPATED ROCKS, RIGHT KICK FORWARD, 1/4 TURN LEFT, SLAP HEEL

/Hand movements: While executing the "syncopated rock steps", try a circular motion of the hands -- palms face in towards waist fingers extended (but not fanned) moving: forward, down and up

- 1 & 2 & Rock forward on left, recover onto right, rock back on left, recover onto right
- 3 & 4 & Rock forward on left, recover on right, rock forward on left, recover on right
- 5 & 6 Rock back on left, recover on right, rock forward on left foot
- 7 8 Kick right foot forward. Turning 1/4 left, swing right foot out to side and slap heel with right hand

REPEAT

/When Using the music "Wabash Cannonball", there will be a "BREAK" in the music. Continue to do the dance until you get to the bumps. Add two more bumps (this will make a total of 4 bumps) then go into the rock steps finishing the dance.

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