BLAST FROM



THEPast



Approved by:



A - B Whirl

2 WALL – 24 COUNTS – ABSOLUTE BEGINNER			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
Section 1	Heel, Clap, Toe, Clap, 2 x Heel Struts Forward		
1 – 2	Touch right heel forward. Clap	Heel Clap	On the spot
3 – 4	Touch right toe back. Clap.	Toe Clap	
5 – 6	Step right heel forward. Drop right toe taking weight.	Right Strut	Forward
7 – 8	Step left heel forward. Drop left toe taking weight.	Left Strut	
Section 2	Jazz Box x 2		
1 – 2	Cross right over left. Step left back.	Cross Back	On the spot
3 – 4	Step right to right side. Close left beside right.	Side Together	
5 – 6	Cross right over left. Step left back.	Cross Back	
7 – 8	Step right to right side. Close left beside right.	Side Together	
Section 3	Step, Pivot 1/4, Stomp, Stomp, Step, Pivot 1/4, Stomp, Stomp		
1 – 2	Step right forward. Pivot 1/4 turn left.	Step Pivot	Turning left
3 – 4	Stomp right in place. Stomp left in place.	Stomp Stomp	On the spot
5 – 6	Step right forward. Pivot 1/4 turn left.	Step Pivot	Turning left
7 – 8	Stomp right in place. Stomp left in place.	Stomp Stomp	On the spot

Choreographed by: Val Myers (UK) February 2004

Music suggestions: As this is an AB dance, many tracks could be used.
Some suggestions (In alphabetical order);
'Dance, Shout' (117 bpm) by Wynona (48 count intro);
'If It don't come Easy' (140 bpm) by Tanya Tucker (16 count intro);
'Too Much Candy For A Dime' (128 bpm) by Eddy Raven (16 count intro);
'455 Rocket' (125 bpm) by Kathy Mattea (16 count intro)





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Approved by:

R 1 Chaplin

Stars Tonight

2 WALL – 32 COUNTS – BEGINNER			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
Section 1	Side, Touch, Side, Touch, Forward Lock Step, Brush		
1 – 2	Step right to right side. Touch left beside right.	Right Touch	Right
3 – 4	Step left to left side. Touch right beside left.	Left Touch	Left
5 – 6	Step right forward. Lock left behind right.	Right Lock	Forward
7 – 8	Step right forward. Brush left forward.	Right Brush	
Section 2	Side, Touch, Side, Touch, Forward Lock Step, Brush		
1 – 2	Step left to left side. Touch right beside left.	Left Touch	Left
3 – 4	Step right to right side. Touch left beside right.	Right Touch	Right
5 – 6	Step left forward. Lock right behind left.	Left Lock	Forward
7 – 8	Step left forward. Hold.	Left Hold	
Section 3	Rocking Chair, Paddle 1/4 Turn x 2		
1 – 2	Rock forward on right. Recover onto left.	Forward Rock	On the spot
3 – 4	Rock back on right. Recover onto left.	Back Rock	
5 – 6	Step right forward. Pivot 1/4 turn left.	Step Pivot	Turning left
7 – 8	Step right forward. Pivot 1/4 turn left. (6:00)	Step Pivot	
Section 4	Jazz Box x 2		
1 – 2	Cross right over left. Step left back.	Cross Back	Back
3 – 4	Step right to right side. Step left forward.	Side Step	Forward
5 – 6	Cross right over left. Step left back.	Cross Back	Back
7 – 8	Step right to right side. Step left forward (weight onto left).	Side Step	Forward

Choreographed by: Roz Chaplin (UK) January 2011

Choreographed to: 'Stars Tonight' by Lady Antebellum (129 bpm) from CD Need You Now; also available as download from amazon.co.uk or iTunes

Watch



THEPage



Approved by:



Michelle Hard To Be A Girl

	1 WALL – 64 COUNTS – BEGINNER			
STEPS	Actual Footwork	Calling Suggestion	Direction	
Section 1 1 – 4 5 – 8	Forward Right, Touch, Back Left, Kick, Coaster Step, Brush Left Step forward on right. Touch left toes behind right. Step left back. Kick right forward. Step right back. Step left beside right. Step right forward. Brush left forward.	Step Touch Back Kick Coaster Step Brush	Forward & Back On the spot	
Section 2 1 – 4 5 – 8	Left Lock Step, Brush, Step 1/2 Pivot, Step, Hold Step left forward. Lock right behind left. Step left forward Brush right forward. Step forward right. Pivot 1/2 turn left. Step forward right. Hold & Clap.	Left Lock Step Brush Step Pivot Step Clap	Forward Turning left	
Section 3 1 – 4 5 – 8	Step 1/4 Turn Right, Cross, Hold, Right Back Lock Step, Kick Step forward on left. Pivot 1/4 turn right. Cross left over right. Hold and clap. Step right back. Lock left across right. Step right back. Kick left forward.	Step Turn Cross Clap Right Lock Back Kick	Turning right Back	
Section 4 1 – 4 5 – 8	Left Back Lock Step, Kick, Right Coaster Step, Brush Step left back. Lock right across left. Step left back. Kick right forward. Step right back. Step left beside right. Step right forward. Brush left forward.	Left Lock Back Kick Coaster Step Brush	Back On the spot	
REPEAT	Now repeat Sections 1 - 4 leading with left foot.			
Section 5 1 – 4 5 – 8	Forward Left, Touch, Back Right, Kick, Coaster Step, Brush Right Step left forward. Touch right toes behind left. Step right back. Kick left forward. Step back on left. Step right beside left. Step left forward. Brush right forward.	Step Touch Back Kick Coaster Step Brush	Forward & Back On the spot	
Section 6 1 – 4 5 – 8	Right Lock Step, Brush, Step 1/2 Pivot, Step, Hold Step right forward. Lock left behind right. Step right forward. Brush left forward. Step left forward. Pivot 1/2 turn right. Step left forward. Hold and clap.	Right Lock Step Brush Step Pivot Step Clap	Forward Turning right	
Section 7 1 – 4 5 – 8	Step 1/4 Turn Left, Cross, Hold, Left Back Lock Step, Kick Step right forward. Pivot 1/4 turn left. Cross right over left. Hold and clap. Step left back. Lock right across left. Step left back. Kick right forward.	Step Turn Cross Clap Left Lock Back Kick	Turning left Back	
Section 8 1 – 4 5 – 8	Right Back Lock Step, Kick, Left Coaster Step, Brush Step right back. Lock left across right. Step right back. Kick left forward. Step left back. Step right beside left. Step left forward. Brush right forward.	Right Lock Back Kick Coaster Step Brush	Back On the spot	

Choreographed by: Michelle Risley (UK) January 2011

Choreographed to: 'Hard To Be A Girl' by Kelcy Lee from CD Single (152 bpm);

also available as download from amazon.co.uk or iTunes

(16 count intro)





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Approved by:

Magent Stamp On The Ground

	4 WALL – 32 COUNTS – IMPROVER			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION	
Section 1	Syncopated Weave, Behind, Side, Cross Shuffle			
1 – 2	Stamp right to right side. Sweep left out and step behind right.	Side Behind	Right	
& 3 – 4	Step right to right side. Cross left over right. Step right to right side.	Side Cross Side		
5 – 6	Sweep left out and step behind right. Step right to right side.	Behind Side		
7 & 8	Cross left over right. Step right to right side. Cross left over right.	Cross Side Cross		
Section 2	Side Rock, Triple 3/4, Cross, Back, Side, Drag			
1 – 2	Rock right to right side. Recover onto left.	Side Rock	On the spot	
3 & 4	Triple step 3/4 turn right, stepping - right, left, right. (9:00)	Triple Three Quarter	Turn	
5 – 6	Cross left over right. Step right back.	Cross Back	Right	
7 – 8	Step left long step to left side. Drag right to left.	Side Drag	Left	
Section 3	Back, Cross, Point, Cross, Point, Rocking Chair			
& 1 – 2	Step right behind left. Cross left over right. Point right to right side.	& Cross Point	Right	
3 – 4	Cross right over left. Point left to left side.	Cross Point	Left	
5 – 6	Rock forward on left. Rock back on right.	Rock Forward	On the spot	
7 – 8	Rock back on left. Rock forward on right.	Rock Back		
Section 4	Forward Lock Step, Brush, Step, Pivot 1/2, Full Turn			
1 – 2	Step left forward opening body to right side. Lock right behind left.	Left Lock	Forward	
3 – 4	Step left forward. Brush right forward.	Left Brush		
5 – 6	Step right forward. Pivot 1/2 turn left.	Step Pivot	Turning left	
7 – 8	Make 1/2 turn left stepping right back. Make 1/2 turn left stepping left in place. (3:00)	Turn Turn		

Choreographed by: Martie Papendorf (SA) January 2011

Choreographed to: 'Stamp On The Ground (Radio Edit)' by Italobrothers (150 bpm)

from CD Stamp On The Ground; also available as download from amazon.co.uk or iTunes

(start on main vocals - approx 28 secs)





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Approved by:



Danza Kuduro

2 WALL – 64 COUNTS – IMPROVER			
STEPS	Actual Footwork	CALLING SUGGESTION	DIRECTION
Section 1 1 – 4 Note 5 – 6 7 8	Walk Forward Waving Both Arms, Rolling Vine Right, Point/Clap Walk forward - right, left, right, left. Counts 1 - 4: wave both arms right, left, right, left (palms facing forward) Making 1/4 turn right step right forward. Making 1/2 turn right step left back. Making 1/4 turn right step right to right side. Leaning to right, point left to left side and clap hands to right.	Right Left Right Left Turn Turn Turn Point/Clap	Forward Turning right On the spot
Section 2 1 - 2 3 & 4 5 - 6 7 - 8	Rolling Vine Left Into Chasse, Jazz Box 1/4 Turn Making 1/4 turn left step left forward. Making 1/2 turn left step right back. Making 1/4 turn left step left to left side. Close right beside left. Step left to side. Cross right over left. Step left back. Make 1/4 turn right stepping right forward. Step left slightly forward.	Turn Turn Turn Close Side Cross Back Turn Step	Turning left Back Turning right
Section 3 1 – 4 5 – 6 7 – 8	Step, Pivot 1/4, Step, Pivot 1/2, Side, Cross, Side, Heel Step right forward. Pivot 1/4 turn left. Step right forward. Pivot 1/2 turn left. (To right diagonal) Step right to right side. Cross left over right. Step right to right side. Touch left heel diagonally forward left.	Step Pivot Step Pivot Side Cross Side Heel	Turning left Forward
Section 4 1 - 2 3 - 4 5 - 6 7 - 8	Rock Left & Right With Shimmies, Rolling Vine Left With Touch Rock onto left foot (over 2 counts), shimmying shoulders. Rock back onto right foot (over 2 counts), shimmying shoulders. Making 1/4 turn left step left forward. Making 1/2 turn left step right back. Making 1/4 turn left step left to left side. Touch right beside left.	Rock Shimmy Rock Shimmy Turn Turn Turn Touch	Left Right Turning left
Section 5 1 & 2 3 - 4 5 & 6 7 - 8	Forward Shuffle, Step, Pivot 1/2 (x 2) Step right forward. Close left beside right. Step right forward. Step left forward. Pivot 1/2 turn right. Step left forward. Close right beside left. Step left forward. Step right forward. Pivot 1/2 turn left.	Right Shuffle Step Pivot Left Shuffle Step Pivot	Forward Turning right Forward Turning left
Section 6 1 - 2 3 - 4 5 - 6 7 - 8	Out, Out, 1/4 Turn, In (x 2) Step right slightly forward and out. Step left out. Making 1/4 turn right step right to right side. Step left beside right (in). Step right slightly forward and out. Step left out. Making 1/4 turn right step right to right side. Step left beside right (in).	Out Out Turn In Out Out Turn In	On the spot Turning right On the spot Turning right
Section 7 1 - 2 3 & 4 5 - 6 7 & 8	Skate, Skate, Diagonal Forward Shuffle (x 2) Skate right forward. Skate left forward. (To right diagonal) Step right forward. Close left beside right. Step right forward. Skate left forward. Skate right forward. (To left diagonal) Step left forward. Close right beside left. Step left forward.	Skate Skate Right Shuffle Skate Skate Left Shuffle	Forward
Section 8 1 - 2 3 - 4 5 - 6 7 - 8	Step, Pivot 1/2, Walk x 2, Step, Pivot 1/2, Step, Pivot 1/2 Step right forward. Pivot 1/2 turn left. Walk forward right. Walk forward left. Step right forward. Pivot 1/2 turn left. Step right forward. Pivot 1/2 turn left.	Step Pivot Right Left Step Pivot Step Pivot	Turning left Forward Turning left
Tag	End of Wall 5: Simply hold and pose for 4 counts, then begin again.		
Ending	Dance finishes on count 64 facing front: pose for a big finish!		

Choreographed by: Jose Miguel Belloque-Vane & Andres Torti (NL) January 2011

Choreographed to: 'Danza Kuduro' by Don Omar ft Lucenzo from CD Meet The Orphans (Deluxe Version); also available as download from amazon

(32 count intro

Tag: There is one short Tag at the end of Wall 5





THEPage



Approved by:



You And I Both

4 WALL – 32 COUNTS – IMPROVER			
STEPS	Actual Footwork	CALLING SUGGESTION	DIRECTION
Section 1	Side, Cross Rock, Coaster Step, Pivot 1/4, Cross Shuffle		
1	Step right to side on slight forward right diagonal.	Step	Right
2 – 3	Cross rock left over right. Recover onto right.	Cross Rock	On the spot
4 & 5	Step left back. Step right beside left. Step left forward.	Coaster Step	
6	Pivot 1/4 turn right. (3:00)	Pivot	Turning right
7 & 8	Cross left over right. Step right to right side. Cross left over right.	Cross Shuffle	Right
Section 2	Hip Sways, Coaster Step, Step, Pivot 1/2, Triple Full Turn		
1 – 2	Step right to right side, swaying hips right. Recover onto left swaying hips left.	Hip Sways	On the spot
3 & 4	Step right back. Step left beside right. Step right forward.	Coaster Step	
5 – 6	Step left forward. Pivot 1/2 turn right. (9:00)	Step Pivot	Turning right
7 & 8	Triple step full turn right, stepping - left, right, left.	Triple Full Turn	
Restart	Wall 6: Restart dance again from the beginning.		
Section 3	Forward Rock, Back Lock Step, Sailor 1/4 Turn, Mambo 1/4 Turn		
1 – 2	Rock forward on right. Recover onto left.	Forward Rock	On the spot
3 & 4	Step right back. Lock left across right. Step right back.	Back Lock Back	Back
5 & 6	Sweep left behind right making 1/4 turn left. Step right to side. Step left forward.	Sailor Turn	Turning left
7 & 8	Rock forward on right. Rock back on left. Turn 1/4 left stepping right back. (3:00)	Mambo Turn	
Section 4	Sailor 1/4 Turn, Forward Rock, 1&1/4 Turn, Cross Shuffle		
1 & 2	Sweep left behind right making 1/4 turn left. Step right to side. Step left forward.	Sailor Turn	Turning left
3 – 4	Rock forward on right. Recover onto left. (12:00)	Forward Rock	On the spot
5 &	Make 1/2 turn right stepping right forward. Make 1/2 turn right stepping left back.	Turn Turn	Turning left
6	Make 1/4 turn right stepping right to right side. (3:00)	Turn	
7 & 8	Cross left over right. Step right to right side. Cross left over right.	Cross Shuffle	Right
Tag	End of Walls 3 and 5: Side Rock, Behind Side Cross (x 2)		
1 – 2	Rock right to right side. Recover onto left.	Side Rock	On the spot
3 & 4	Cross right behind left. Step left to left side. Cross right over left.	Behind Side Cross	Left
5 - 6	Rock left to left side. Recover onto right.	Side Rock	On the spot
7 & 8	Cross left behind right. Step right to right side. Cross left over right.	Behind Side Cross	Right

Choreographed by: Francien Sittrop (NL) January 2011

Choreographed to: 'You And I Both' by Dean Saunders (105 bpm) from CD Single; also available as download from iTunes (start on vocals)

Tag/Restart: Tag danced at end of Walls 3 and 5; one Restart during Wall 6





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Approved by:

San Antonio Bay -

4 WALL – 68 COUNTS – IMPROVER			
STEPS	Actual Footwork	Calling Suggestion	Direction
Section 1 1 - 4 5 - 6 7 - 8	Right Scissor Step, Hold & Clap, Weave Left Step right to right side. Step left beside right. Cross right over left. Hold and clap. Step left to left side. Cross right behind left. Step left to left side. Cross right over left.	Right Scissor Hold Side Behind Side Cross	On the spot Left
Section 2 1 - 2 3 - 4 5 - 6 7 - 8	Side, Touch & Clap, 1/4 Turn, Touch & Clap, 1/4 Turn, Touch & Clap, Back Rock Step left to left side. Touch right beside left and clap. Make 1/4 turn right stepping right forward. Touch left beside right and clap. Make 1/4 turn right stepping left to left side. Touch right beside left and clap. Rock back on right. Recover onto left. (6:00)	Side Touch Turn Touch Turn Touch Rock Back	Left Turning right On the spot
Section 3 1 - 2 3 - 4 5 - 6 7 - 8	Side, Together, Forward, Hold, Step, Pivot 1/2, Step, Pivot 1/4 Step right to right side. Step left beside right. Step right forward. Hold. Step left forward. Pivot 1/2 turn right. Step left forward. Pivot 1/4 turn right. (3:00)	Side Together Forward Hold Step Pivot Step Pivot	Right Forward Turning right
Section 4 1 - 2 3 - 4 5 - 6 7 - 8	Cross Rock, Side, Hitch, Rocks With Knee Pops Cross rock left over right. Recover onto right. Step left to left side. Hitch right knee across left. Rock right to right side, popping left knee in. Rock onto left popping right knee in. Rock right to right side, popping left knee in. Rock onto left popping right knee in.	Cross Rock Side Hitch Knee Knee Knee Knee	On the spot Left On the spot
Section 5 1 – 4 5 – 8	Walk Forward x 3, Kick, Walk Back x 3, Diagonal Kick Walk forward - right, left, right. Kick left forward. Walk back - left, right, left. Kick right diagonally forward right.	Right Left Right Kick Left Right Left Kick	Forward Back
Section 6 1 - 4 5 - 6 7 - 8	Sweep Behind Into Weave With 1/4 Turn, Step, Pivot 1/2 Sweep right behind left. Step left to left side. Cross right over left. Step left to side. Cross right behind left. Make 1/4 turn left stepping left forward. Step right forward. Pivot 1/2 turn left. (6:00)	Behind Side Cross Side Behind Turn Step Pivot	Left Turning left
Section 7 1 - 2 3 - 4 5 - 6 7 - 8	Diagonal Lock Step Forward, Touch, Side, Touch, 1/4 Turn, Touch Step right diagonally forward right. Lock left behind right. Step right diagonally forward right. Touch left beside right. Step left to left side. Touch right beside left. Make 1/4 turn right stepping right forward. Touch left beside right. (9:00)	Right Lock Right Touch Side Touch Turn Touch	Forward Left Turning right
Section 8 1 - 2 3 - 4 5 - 6 7 - 8	Side Left, Cross, Side, Kick, Side Right, Cross, Side, Kick Step left to left side. Cross right over left. Step left to left side. Kick right diagonally forward right. Step right to right side. Cross left over right. Step right to right side. Kick left diagonally forward left.	Side Cross Side Kick Side Cross Side Kick	Left Right
Section 9 1 – 4	Sweep Behind, Side, Cross, Hold Sweep left behind right. Step right to right side. Cross left over right. Hold.	Behind Side Cross Hold	Right

Choreographed by: Gaye Teather (UK) January 2011

Choreographed to: 'San Antonio Baby' by Raul Malo (152 bpm) from CD Sinners & Saints; also available as download from amazon.co.uk or iTunes

(20 count intro from start of main beat - start on vocals)

Ending: Dance ends facing front, so make it a big finish on last note!





THEPage



Approved by:



Dance For Me

	4 WALL – 32 COUNTS – INTERMEDIATE			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION	
Section 1 1 & 2	Kick Ball Point, Ball Step, Pivot 1/2, Kick Ball Step, Step & Hip Bumps Kick right forward. Step right beside left. Point left to left side. Step left beside right. Step right slightly forward. Pivot 1/2 left sitting into turn so weight ends on right. Kick left forward. Step left beside right. Step right forward. Step left slightly forward to left diagonal and bump hips forward. Bump hips back. Bump hips forward (weight ends on left). (6:00)	Kick Ball Point Ball Step Pivot Kick Ball Step Bump & Bump Bump	On the spot Turning left On the spot Forward	
Section 2 1 & 2 3 & 4 5 & 6 7 & 8 Restarts	Forward Mambo, 1/4 Turn Sweep into Coaster Cross, Hitch Ball Cross x 2 Rock forward on right. Rock back on left. Step right back. Sweep step left behind right making 1/4 turn left. Step right beside left. Cross left over right. (3:00) Hitch right knee. Step right to right side. Cross left over right. Hitch right knee. Step right to right side. Cross left over right. Walls 4 and 9: Restart dance again from beginning at this point. (Wall 4: restart point faces front wall) (Wall 9: restart point faces back wall)	Mambo Forward Turn & Cross Hitch Ball Cross Hitch Ball Cross	On the spot Turning left Right	
Section 3 1 & 2 & 3 & 4 & 5 - 6 & 7 & 8	Syncopated Side Rock, Syncopated Weave, Forward Rock, 1/2 Turn & Step x 2 Rock right to right side. Recover onto left. Cross right behind left. Step left to left side. Cross right over left. Step left to left side. Cross right behind left. Step left to left side. Cross right behind left. Step left to left side. Rock forward on right. Recover onto left. Making 1/2 turn right step right forward. Step left beside right. (9:00) Step right forward. Step left forward.	Side Rock Behind Side Cross Side Behind Side Forward Rock Turn Together Right Left	On the spot Left On the spot Turning right Forward	
Section 4 1 - 2 & 3 - 4 5 & 6 & 7 & 8	Forward Rock, Ball, Step Back, Back, 1/4 Turn Heel Ball Touches x 2 Rock forward on right. Recover onto left. Step right back. Step left back. Step right back. Touch left heel forward. Making 1/8 turn left step left back. Turning 1/8 left touch right beside left. Turning 1/8 left step right back. Touch left heel forward. Turning 1/8 left step left back. Touch right beside left. (3:00)	Forward Rock & Back Back Heel Turn Turn Turn Heel Turn Touch	On the spot Back Turning left	
Tag 1 – 2 & 3 – 4	End of Wall 7: Dance 4 count Tag to bring you to front wall to start Wall 8 Rock forward on right. Recover onto left. Making 1/4 turn right step right to side. Step left forward. Touch right beside left.	Forward Rock Turn & Touch	On the spot Turning right	
Ending	Dance finishes facing front: On the & count, step left beside right, then stomp right forward and throw arms into the air, striking a pose!			

Choreographed by: Alison Biggs (UK) January 2011

Choreographed to: 'Doin' It' by Pauline Högberg (97 bpm) from CD Best Of Fame Factory; also available as download from amazon.co.uk or iTunes (16 count intro from heavy beat, or 24 counts from start)

Tag/Restarts: One easy Tag, 2 Restarts (all during instrumental parts of track)





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Approved by:



Fragile Not Broken

2 WALL – 64 COUNTS – INTERMEDIATE			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
Section 1 1 - 2 3 & 4 5 - 8 Restart	Stomp, Hold, Sailor Step, Jazz Box Stomp left to left side. Hold. Cross right behind left. Step left to left side. Step right to place. Cross left over right. Step right back. Step left to left side. Step right forward. Wall 5: Restart dance again from beginning at this point (facing 12:00)	Stomp Hold Sailor Step Jazz Box	On the spot
Section 2 1 & 2 3 - 4 5 - 6 7 & 8	Forward Shuffle, Step, 3/4 Turn, Side, Together, Chasse Step left forward. Close right beside left. Step left forward. Step right forward. Make 3/4 turn left (weight onto left). (3:00) Step right to right side. Close left beside right. Step right to right side. Close left beside right. Step right to right side.	Left Shuffle Step Turn Side Together Side Close Side	Forward Turning left Right
Section 3 1 - 2 & 3 - 4 5 - 6 7 - 8	Cross, Hold, Back Side Cross, Modified 1/4 Monterey Turn Cross left over right. Hold. Step back on right. Step left to left side. Cross right over left. Point left to left side. Make 1/4 turn left stepping left beside right. (12:00) Point right to right side. Cross right over left.	Cross Hold Back Side Cross Point Turn Point Cross	Right Left Turning left Left
Section 4 1 & 2 3 - 4 5 - 6 7 & 8	Chasse, Back Rock, Side, Together, Chasse 1/4 Turn Step left to left side. Close right beside left. Step left to left side. Rock back on right. Recover onto left. Step right to right side. Close left beside right. Step right to right side. Close left beside right. Make 1/4 turn right stepping right forward. (3:00)	Side Close Side Rock Recover Side Together Side Close Turn	Left On the spot Right Turning right
Section 5 1 - 2 3 - 4 5 - 6 & 7 - 8	Step, 1/2 Turn, Side Rock, Cross, Hold, Back Side Step Step left forward. Make 1/2 turn right (weight on right). (9:00) Rock left out to left side. Recover onto right. Cross left over right. Hold. Step right back. Step left to left side. Step right forward.	Step Turn Side Rock Cross Hold Back Side Step	Turning right On the spot Right Forward
Section 6 1 - 2 3 - 4 5 - 6 7 & 8	Kick, Kick, Back, Touch, Back Rock, Kick Ball Cross With 1/4 Turn Kick left forward twice. Step left back. Touch right beside left. Rock back on right. Recover onto left. Kick right forward. Step right beside left making 1/4 turn left. Cross left over right. (6:00)	Kick Kick Back Touch Rock Recover Kick Turn Cross	On the spot Back On the spot Turning left Right
Section 7 1 - 2 3 - 4 5 - 6 7 - 8	Side Rock, Behind, Side, Step 1/2 Turn x 2 Rock right out to right side. Recover onto left. Cross right behind left. Step left to left side. Step right forward. Make 1/2 turn left. Step right forward. Make 1/2 turn left (weight ends on left). (6:00)	Side Rock Behind Side Step Turn Step Turn	On the spot Left Turning left
Section 8 1 - 2 3 & 4 5 - 6 7 & 8	Stomp, Hold, Sailor Step, Behind, Side, Cross Shuffle Stomp right to right side. Hold. Cross left behind right. Step right to right side. Step left to place. Cross right behind left. Step left to left side. Cross right over left. Step left to left side. Cross right over left. (6:00)	Stomp Hold Sailor Step Behind Side Cross Shuffle	Right On the spot Left
Ending	Start last Wall facing 6:00, dance to Count 6 of Section 2 (Side, Together) then Chasse 1/4 turn right to face the front.		

Choreographed by: Dee Musk (UK) January 2011

Choreographed to: 'Fragile Not Broken' by Natalia (132 bpm) from CD This Time & Back For More;also available as download from amazon.co.uk or iTunes

(16 count intro from the heavy beat)

Restart: There is one Restart, during Wall 5





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Approved by:



Stone Cold

2 WALL – 64 COUNTS – INTERMEDIATE			
STEPS	Actual Footwork	Calling Suggestion	Direction
Section 1 1 - 2 3 - 4 5 - 6 7 - 8 Option	Back Drag, Back Left, 1/2 Turn Right, Step Hold, Full Turn Forward. Big step back on right. Drag left towards right. Step back on left. Make 1/2 turn right stepping forward onto right. Step forward left. Hold. Make 1/2 turn left stepping back on right. Make 1/2 turn left stepping forward on left. Steps 7 - 8 can be replaced with walk forward Right, Left.	Back Drag Back Turn Step Hold Turn Turn	Back Turning right Forward Turning left
Section 2 1 - 2 3 & 4 5 - 6 7 - 8	Forward Rock, Shuffle Back, 1/2 Turn Left, Step, 1/4 Turn Left, Cross Rock forward on right. Recover back onto left. Step back on right. Close left beside right. Step back on right. Make 1/2 turn left stepping forward on left. Step forward on right. Pivot 1/4 turn left. Cross right over left.	Forward Rock Back Shuffle Turn Step Turn Cross	Forward Back Turning left Turning right
Section 3 1 & 2 3 - 4 5 & 6 7 - 8	Chasse Left, Back Rock, Right Kick Ball Cross, Right Rock Step left to left side. Close right beside left. Step left to left side. Rock back on right. Recover forward on left. Kick right forward. Step right beside left. Cross left over right. Rock to right side on right. Recover onto left.	Side Close Side Back Rock Kick Ball Cross Right Rock	Left On the spot Right On the spot
Section 4 1 - 2 3 - 4 5 - 6 7 - 8 Option	Jazz Box, 2 x Step 1/2 Pivot Left. Cross right over left. Step back on left. Step right to right side. Step forward on left. Step forward on right. Pivot 1/2 turn left. Step forward on right. Pivot 1/2 turn left. Steps 5 - 8 can be replaced by Rocking Chair forward on right.	Cross Back Side Step Step Pivot Step Pivot	On the spot Turning Left
Section 5 1 - 2 & 3 - 4 5 - 6 7 & 8	Side Right Hold, & Cross Hold, 1/4 Turn Back, Side, Cross Shuffle Step right to right side. Hold. Step left beside right. Cross right over left. Hold. Make 1/4 turn right stepping back onto left. Step right to right side. Cross left over right. Step right to right side. Cross left over right.	Side Hold & Cross Hold Turn Side Cross Suffle	Right On the spot Turning right Right
Section 6 1 - 2 3 - 4 5 & 6 7 & 8	Side Right Hold, & Cross Hold, 1/4 Turn Back, Side, Cross Shuffle Step right to right side. Hold Step left beside right. Cross right over left. Hold. Make 1/4 turn right stepping back onto left. Step right to right side. Cross left over right. Step right to right side. Cross left over right.	Side Hold & Cross Hold Turn Side Cross Shuffle	Right On the spot Turning right Right
Section 7 1 - 2 3 - 4 5 & 6 7 - 8	1/4 Monterey Cross, Chasse Right, Back Rock Point right to right side. 1/4 turn right stepping right beside left. Point left to left side. Cross left over right. Step right to right side. Close left beside right. Step right to right side. Rock back on left. Recover forward on right.	Point Turn Point Cross Side Close Side Back Rock	Turning right On the spot Right On the spot
Section 8 1 & 2 3 - 4 5 - 6 7 - 8	Chasse Left, Back Rock, Sweep Forward Right, Sweep Forward Left. Step left to left side. Close right beside left. Step left to left side. Rock back on right. Recover forward on left. Sweep right from back to front. Step forward on right. Sweep left from back to front. Step forward on left.	Side Close Side Back Rock Sweep Step Sweep Step	Left On the spot Forward

Choreographed by: Maggie Gallagher (UK) January 2011

Choreographed to: 'Stone Cold' by Alan Connor (132 bpm) (48 count intro, 24 seconds, Start on word "No"); also available as download from amazon.co.uk or iTunes from 14th February 2011





THEPage



Approved by:

AND TROOP

Your Heart, In Your Mind

	4 WALL – 64 COUNTS – INTERMEDIATE			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION	
Section 1 1 & 2 3 - 4 & 5 - 6 7 & 8	Scuff & Point, Cross Rock, & Cross, Side, Sailor 1/4 Turn Scuff right forward. Step right beside left. Point left to left side. Cross rock left over right. Recover back onto right. Step left to left side. Cross right over left. Step left to left side. Cross right behind left. Turn 1/4 right stepping left to side. Step right to right side.	Scuff & Point Cross Rock & Cross Side Sailor Turn	On the spot Left Turning right	
Section 2 1 & 2 3 - 4 5 & 6 7 - 8	Heel Ball Step, Forward Rock, Shuffle Back, Full Turn Touch left heel forward. Step left beside right. Step right forward. Rock forward on left. Recover back onto right. Step back on left. Step right beside left. Step back on left. Make 1/2 turn right stepping forward on right. Make 1/2 turn right stepping back on left.	Heel Ball Step Forward Rock Shuffle Back Full Turn	Forward On the spot Back Turning right	
Section 3 1 & 2 3 & 4 5 - 6 & 7 - 8	Behind, Side, Cross, Scissor Step, Forward Lock Step, Cross, Side Cross right behind left. Step left to left side. Cross right over left. Step left to left side. Close right beside left. Cross left over right. Step right diagonally forward right. Lock left behind right. Step right diagonally forward. Cross left over right. Step right to right side (facing 3:00).	Behind Side Cross Scissor Step Right Lock Right Cross Side	Left Forward Right	
Section 4 1 & 2 3 - 4 5 - 6 & 7 - 8	Sailor Step, Cross, Side, Back Rock, Side, Back Rock Cross left behind right. Step right to right side. Step left to place. Cross right over left. Step left to left side. Rock right back behind left. Recover forward onto left. Step right to right side. Rock left back behind right. Recover forward onto right.	Sailor Step Cross Side Back Rock Side Back Rock	On the spot Left Right On the spot	
Section 5 1 & 2 3 - 4 5 & 6 7 - 8	Kick Ball Cross, Side Rock, Triple 3/4 Turn, Forward Rock Kick left to left diagonal. Step ball of left beside right. Cross right over left. Rock left to left side. Recover onto right. Triple 3/4 turn left - stepping left, right, left. (6:00) Rock forward onto right. Recover back onto left.	Kick Ball Cross Side Rock Triple Turn Forward Rock	Left On the spot Turn left On the spot	
Section 6 & 1 – 2 3 & 4 5 – 6 7 – 8	Out, Out (Back), Forward Shuffle, Step, Pivot 1/2, Full Turn Step back - right, left (feet shoulder width apart). Step right beside left. Step forward left. Close right beside left. Step forward left. Step forward right. Pivot 1/2 turn left. Make 1/2 turn left stepping right back. Make 1/2 turn left stepping left forward. (12:00)	Out Out Step Left Shuffle Step Pivot Full Turn	Back Forward Turning left	
Section 7 1 - 2 3 & 4 5 - 6 7 & 8	Forward Rock, Rock & Step, Forward Rock, Shuffle Back Rock forward on right (use hips). Recover back onto left. Rock forward on right (use hips). Recover back onto left. Step forward onto right. Rock forward on left. Recover back onto right. Step back on left. Step right beside left. Step back on left.	Forward Rock Rock & Step Forward Rock Shuffle Back	On the spot Forward Back	
Section 8 1 & 2 3 & 4 5 - 6 7 - 8	Sailor 1/4 Turn, Syncopated 1/2 Turn, Cross, Point, Cross, Point Cross right behind left. Turn1/4 right stepping left to side. Step right to right side. Step forward left. Pivot 1/2 turn right. Step forward left. (9:00) Cross right over left. Point left to left side. Cross left over right. Point right to right side.	Sailor Turn Step Pivot Step Cross Point Cross Point	Turning right Forward	
Ending 1 & 2 3 – 4 & 5 – 6 7 & 8 1	First 6 Counts of Dance, Sailor 1/2 Turn, Side Scuff right forward. Step right beside left. Point left to left side. Cross rock left over right. Recover back onto right. Step left to left side. Cross right over left. Step left to left side. Turn 1/4 right stepping right behind left. Turn 1/4 right stepping left to side. Step right to side. Step left to left side and pose.	Scuff & Point Cross Rock & Cross Side Sailor Half Turn	On the spot Left Turning right	

Choreographed by: Wil Bos & Roy Verdonk (NL) January 2011

Choreographed to: 'Summerlove' by David Tavare from CD ToCo Dance Party (132 bpm)

also available as download from amazon.co.uk or iTunes (28 count intro from first note, 2 counts from first hard beat)





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Approved by:

Ready To Rock

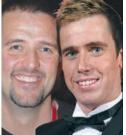
4 WALL – 64 COUNTS – INTERMEDIATE			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
Section 1 1 - 2 & 3 - 4 5 - 6 & 7 - 8	Side Step Right, Behind, & Out, Cross, Side Step Left, Behind, & Out, Cross Step right to right side. Cross left behind right. Jump/step right out to right side. Step left out to left side. Cross right over left. Step left to left side. Cross right behind left. Jump/step left out to left side. Step right out to right side. Cross left over right.	Side Behind & Out Cross Side Behind & Out Cross	Right Left Right
Section 2 1 2 3 4 5 & 6 7 - 8	Dwight Swivels, Chasse, Diagonal Back Rock Swivel left heel to right touching right toe beside left. Swivel left toe to right touching right heel diagonally forward right. Swivel left heel to right touching right toe beside left. Swivel left toe to right touching right heel diagonally forward right. Step right to right side. Close left beside right. Step right to right side. (Facing left diagonal) Rock back on left. Recover forward onto right.	Toe Heel Toe Heel Side Close Side Rock Back	Right On the spot
Section 3 1 - 2 3 - 4 5 - 6 & 7 - 8	Diagonal Rocking Chair, Side, Hold With Clap, & Side, Hold With Clap (Still on left diagonal) Rock forward on left. Recover onto right. Rock back on left. Recover forward onto right. (Straightening up to 12:00) Step left to left side. Hold and clap. Step ball of right beside left. Step left to left side. Hold and clap.	Rock Forward Rock Back Side Hold & Side Hold	On the spot Left
Section 4 1 - 2 3 - 4 & 5 - 6 7 - 8	Back Rock, 1/4 Turn, 1/2 Turn, Ball Step, Scuff, Step, Tap Rock back on right. Recover forward onto left. Make 1/4 turn left stepping right back. Make 1/2 turn left stepping left forward. Step ball of right beside left. Step left forward. Scuff right forward. Step right forward. Tap left toe behind right heel. (3:00)	Rock Back Quarter Half Ball Step Scuff Step Tap	On the spot Turning left Forward
Section 5 1 & 2 3 - 4 & 5 6 - 8	Shuffle Back, Touch, Reverse Pivot 1/4, & Side, Forward Rock, Walk Back Step left back. Close right beside left. Step left back. Touch right toe back. Reverse pivot 1/4 turn right (weight onto right). (6:00) Step ball of left beside right. Step right to right side. (Facing right diagonal) Rock forward on left. Recover onto right. Walk back on left.	Shuffle Back Touch Turn & Side Forward Rock Step	Back Turning right Right Back
Section 6 1 - 2 3 - 4 5 - 6 7 - 8 Restart	Back, Touch, Step, Touch Out, Touch Across, Kick, Behind, 1/4 Turn (Still on right diagonal) Step right back. Touch left toe out to left side. (Straightening up to 6:00) Step left forward. Touch right toe out to right side. Touch right toe across left. Kick right diagonally forward right. Cross right behind left. Make 1/4 turn left stepping left forward. (3:00) Wall 2: Start dance again from beginning at this point (facing 6:00)	Back Touch Step Touch Touch Kick Behind Turn	Back Forward On the spot Turning left
Section 7 1 - 2 3 & 4 5 - 6 7 - 8	Step, Pivot 1/2, Forward Shuffle, Forward Rock, 1/2 Turn x 2 Step right forward. Pivot 1/2 turn left. Step right forward. Close left beside right. Step right forward. (9:00) Rock forward on left. Recover onto right. Make 1/2 turn left stepping left forward. Make 1/2 turn left stepping right back.	Step Pivot Right Shuffle Forward Rock Turn Turn	Turning left Forward On the spot Turning left
Section 8 1 - 2 3 - 4 5 - 6 7 - 8	Toe Strut Back x 2, Behind, Hold, Unwind 1/2 Turn, Hold Step back on left toe. Drop left heel taking weight. Step back on right toe. Drop right heel taking weight. Cross left behind right. Hold. Unwind 1/2 turn left. Hold. (Weight on left). (3:00)	Back Strut Back Strut Behind Hold Unwind Hold	Back Right Turning left
Ending 7 – 8	Dance ends Wall 7: Replace counts 7 - 8 of Section 8 with: Unwind 1/4 turn left. Hold and pose (to end facing 12:00)		

Choreographed by: Kate Sala and Robbie McGowan Hickie (UK) January 2011

Choreographed to: 'Roll Out Of This Hole' by Jools Holland & His Rhythm & Blues Orchestra (featuring Ruby Turner) (158 bpm) from CD Rocking Horse; also available as download from amazon.co.uk or iTunes (16 count intro from main beat)

Restart: There is one Restart during Wall 2





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Approved by:



Only Girl

2 WALL – 64 COUNTS – INTERMEDIATE				
STEPS	Actual Footwork	CALLING SUGGESTION	DIRECTION	
Section 1 1 - 3 4 & 5 6 - 7 8 &	1/4 Turn, Forward Rock, Shuffle 1/2 Turn, Step 3/4 Spiral Turn, Left Lock Step right 1/4 turn right. Rock forward on left. Recover back onto right. Make 1/4 turn left stepping left to side. Step right beside left. Step left 1/4 turn left. Step forward on right. Make 3/4 turn left, on right foot letting left hook infront of right. Step forward left. Lock right behind left.	Turn Rock Recover Turn & Turn Step Turn Hook Left Lock	Turning right Turning left Forward	
Section 2 1 - 3 4 & 5 6 - 7 8 &	Step, Forward Rock, Back Lock, 1/4 Turn Point, Hold, Step Ste forward left. Rock forward on right. Recover back onto left. Step back on right. Lock left across right. Step back on right. Make 1/4 turn left, stepping left to left side. Point right to right side. Hold. Step right slightly behind left.	Step Rock Recover Back Lock Step Turn Point Hold &	Forward Back Turning left On the spot	
Section 3 1 - 3 4 & 5 6 - 7 8	Cross, Right Side Rock, Right Samba Step, Cross Point, Cross Cross left over right. Rock to right side on right. Recover onto left. Cross right over left. Rock to left side on left. Recover onto right. Cross left over right. Point right to right side. Cross right over left.	Cross Rock Recover Cross Rock Step Cross Point Cross	On the spot	
Section 4 1 - 3 4 & 5 6 - 7 8 & Restart	Push Back on Left, Together, Step, Lock Step, Step 1/2 Turn, Coaster Step Step left big step back leaving right toe pointed. Step right beside left. Step forward left. Step forward right. Lock left behind right. Step forward right. Step forward left. Make 1/2 turn right, weight remaing back on left. Step back right. Step left beside right. During wall 3 restart dance here (3:00) - Stepping forward on right (no turn).	Back Together Forward Right Lock Step Step Turn Back Together	Back Forward Turning right Back	
Section 5 1 - 3 4 & 5 6 - 7 8 &	Walks Forward, Lock Step, Rock 1/4 Turn Right Sweep, Sailor Step Step forward right. Step forward left. Step forward right. Step forward left. Lock right behind left. Step forward left. Rock forward on right. Recover back on left making 1/4 turn right sweeping right out to side. Cross right behind left. Step left small step to left side.	Forward Left Right Left Lock Step Rock Sweep Behind &	Forward Turning right	
Section 6 1 - 3 4 & 5 6 & 7 8 &	Side, Cross, 1/4 Turn Back, 1/4 Turn Chasse, Hold, Ball Side, Hold, Together Step right to right side. Cross left over right. Make 1/4 turn left stepping back on right. Make 1/4 turn left stepping left to left side. Step right beside left. Step left to left side. Hold. Step right beside left. Step left to left side. Hold. Step right beside left.	Right Cross Turn Side Close Side Hold & Side Hold &	Turning left Left On the spot	
Section 7 1 - 3 4 & 5 6 - 7 8 &	Side Cross Rock, Chasse Right, Cross, 1/4 Turn Back, Back Lock Step left to left side. Cross rock right over left. Recover back onto left. Step right to right side. Step left beside right. Step right to right side. Cross left over right. Make 1/4 turn left stepping back onto right. Step back left. Lock right across left.	Side Cross Rock Side Close Side Cross Turn Back Lock	Left Right Turning left Back	
Section 8 1 - 3 4 & 5 6 - 7 8	Back, Rock Back, Right Kick Ball Point, 1/4 Monterey Turn, Point, Touch Step back on left. Rock back on right. Recover forward on left. Kick right forward. Step right beside left. Point left to left side. Make 1/4 turn left stepping left beside right. Point right to right side. Touch right beside left.	Step Rock Recover Kick Ball Point Turn Point Touch	Back On the spot Turning left On the spot	
Tag 1 – 2 3 – 4	Danced once at end of Wall 6, facing back wall Step right 1/4 turn right. Rock forward on left. Recover back onto right. Make 1/4 turn left stepping left to left side.	Turn Rock Recover Turn	Turning right Turning left	

Choreographed by: Simon Ward (Aus) & Niels Poulsen (DK) January 2011

Choreographed to: 'Only Girl' by Rihanna (124 bpm) from Only Girl (in the world) CD (32 count intro, approx 15 seconds); also available as download from amazon.co.uk or iTunes

Restart: During wall 3 after count 32& facing 3:00 the last step of coaster becomes the first step of restart. There is no turn on this step.





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Approved by:



Dirty Bit

4 WALL – 64 COUNTS – INTERMEDIATE				
STEPS	Actual Footwork	CALLING SUGGESTION	Direction	
Section 1 1-2 3-4&5 6-7 8&1 Tag/Restart 2	Point, 1/2 Turn, Point, Kick Ball Point, 1/2 Turn, Point, Kick Ball Cross Point right to right side. Make 1/2 turn right stepping right down. Point left to left side. Kick left forward. Step left down. Point right to right side. Make 1/2 turn right stepping right down. Point left to left side. Kick left forward. Step left beside right. Cross right over left. Wall 5: Dance to 8&, then dance the Tag, followed by Restart.	Point Turn Point Kick Ball Point Turn Point Kick Ball Cross	Turning right On the spot Turning right On the spot	
Section 2 2 - 3 4 - 5 6 - 8 Restart 1	Back, Side, Forward, Press, Walk Back x 3 Step left back. Step right to right side. Step left forward. Step right forward, pressing forward. Step left back. Step right back. Step left back. Wall 3: Restart dance from the beginning (facing back wall)	Back Side Step Press Back Right Left	On the spot Forward Back	
Section 3 1 2 - 3 & 4 5 - 7 & 8	1/2 Turn, Sweep 1/2 Turn, Side Rock, Walk, Walk, Hold, Side Rock Make 1/2 turn right stepping right forward. Sweep left 1/2 turn right. Step left beside right. Rock right to right side. Recover onto left. Walk forward right. Walk forward left. Hold. Rock right to right side. Recover onto left.	Turn Sweep Half Side Rock Right Left Hold Side Rock	Turning right On the spot Forward On the spot	
Section 4 1 - 2 3 - 4 5 - 6 7 - 8	Back, Point, Reverse 1/4, Point (x 2) Step right back. Point left to left side. Make 1/4 turn left stepping left back. Point right to right side. Step right back. Point left to left side. Make 1/4 left stepping left back. Point right to right side.	Back Point Turn Point Back Point Turn Point	Back Turning left Back Turning left	
Section 5 & 1 – 3 4 & 5 6 – 7 8 & 1	Ball Lock Step, Step, Pivot 1/4, Cross, Side, Behind, Side, Behind, 1/4 Step right back. Step left forward. Lock right behind left. Step left forward. Step right forward. Pivot 1/4 turn left. Cross step right over left. Step left to left side. Cross right behind left. Step left to left side. Cross right behind left. Make 1/4 turn left stepping left forward.	Ball Left Lock Left Step Pivot Cross Side Behind Side Behind Turn	Forward Turning left Left Turning left	
Section 6 2 - 3 4 & 5 6 - 7 8 & 1	Lock Step, Step, Pivot 1/4, Cross, Side, Behind, Side, Behind, 1/4 Lock right behind left. Step left forward. Step right forward. Pivot 1/4 turn left. Cross step right over left. Step left to left side. Cross right behind left. Step left to left side. Cross right behind left. Make 1/4 turn left stepping left forward.	Lock Step Step Pivot Cross Side Behind Side Behind Turn	Forward Turning left Left Turning left	
Section 7 2 – 3 & 4 5 – 7 & 8	Sweep 1/2, Together, Side Rock, Walk, Walk, Hold, Side Rock Sweep right out making 1/2 turn left. Step right beside left. Rock left to left side. Recover onto right. Walk forward left. Walk forward right. Hold. Rock left to left side. Recover onto right.	Turn Together Side Rock Left Right Hold Side Rock	Turning left On the spot Forward On the spot	
Section 8 1 - 3 & 4 5 - 6 7 & 8	Back, Touch, 1/4 Turn, Ball Cross, Hitch, Cross, Side Rock, Touch Step left back. Touch right back. Make 1/4 turn right (weight onto right). Step left beside right. Cross step right over left. Hitch left knee over and across right. Step left over right. Rock right to right side. Recover onto left. Touch right beside left.	Back Touch Turn Step Cross Hitch Cross Side Rock Touch	Turning right Left Right On the spot	
Tag 1 – 2 3 – 4 5 – 8	Wall 5: Dance to Count 8& then Forward Rock, 1/4, Step, Improvise x 4 Rock forward on right. Recover onto left. Make 1/4 turn right stepping right to right side. Step left to left side. Improvise for 4 counts: shake, bump, wiggle, whatever. Just have fun! Then Restart the dance from the beginning.	Forward Rock Turn Step Freestyle	On the spot Turning right	

Choreographed by: Shaz Walton (UK) December 2010

Choreographed to: 'The Time' by The Black Eyed Peas (128 bpm) from CD The Time (Dirty Bit); also available as download from amazon.co.uk (lengthy 128 count intro: have fun with it and improvise)

Tag/Restarts: One Restart (Wall 3); oneTag followed by Restart (Wall 5)

