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My Dancing Shoes

64 Count, 2 Wall, Absolute Beginner

Choreographer: Sebastiaan Holtland (NL) Feb 2016

Choreographed to: The Band is Back in Town by
Michael English.

CD: Country Roots 2014

Introduction: 16 counts after the approx 05 sec, start on approx 10 sec.

Sequence: 64, 64, 8, Tag 12:00, 64, 64, 4, Restart (12:00), 64, 64, 64, 4, Restart (6:00), 64, 4, Restart (12:00), 36, ½ L (12:00) ending.

Section 1 Heels Fwd, 2x Side Touch R-L.

1-4 Step R diagonal forward on heel, Step L diagonal forward on heel, Step R back in place, Step L next to R.

Restarts here WALL 6/10/12 after 4 counts: 1st restart 12:00, 2nd restart 6:00, 3rd restart 12:00.

5-8 Step R to R, Touch L next to R, Step L to L, Touch R next to L.
1st Tag here WALL 3 after 8 counts on 12 o'clock.

Section 2 1/8 L, Syncopated Rumba Box with Holds.

1-4 Making 1/8 L (10.30) step R to R, Step L next to R, Step R forward, Hold.

5-8 Step L to L, Step R next to L, Step L forward, Hold.

Section 3 Charleston; (Touch R Fwd, Hold, Back, Hold, Touch L Back, Step, Hold).

1-4 Touch R forward, Hold, Step R back, Hold.

5-8 Touch L back, Hold, Step L forward, Hold.

Section 4 3/8 L, Big Step R, Slide over 3 counts.

1-4 Step R forward, Hold, Pivot ½ Turn L (4.30) onto L, Hold.

5-8 Making 3/8 turn L (12) step R big to R, drag on L over 3 counts.

Section 5 ½ Sailor Turn R, Hold, Step Heel Twists, Hold

1-4 Step L behind R, Making ½ turn R (6) step R to R, Step L forward, Hold.

5-8 Step R slightly forward, Twist both heels to front, Twist both heels back to centre weight onto L, Hold.

Section 6 Back, ¼ L, Together, Bending Knees, Coming Up, Chance Weight, Side Toe Strut, Back Rock/Recover.

(Note: 1-4 is a slow part in the song); "See video demo"

1-4 Step R back, Making ¼ turn L (3) step L to L, Step R next to L (bending both knees), Coming up taking weight onto R.

5-8 Step L to L on toes, Drop heel taking weight onto L, Step R back, Recover back onto L.

Section 7 Modified Jazz Box with ¼ R.

1-4 Step R in front of L on toes, Drop heel taking weight onto R, Making ¼ turn R (6) step L back on toes, Drop heel taking weight onto L.

5-8 Step R to R on toes, Drop heel taking weight onto R, Step L forward on toes, Drop heel taking weight onto L.

Section 8 2x Side Hook Back L-R, Heel Struts Fwd R-L.

1-4 Step R to R, Hook L behind R knee, Step L to L, Hook R behind L knee.

5-8 Touch R heel forward, Drop R toe taking weight onto R, Touch L heel forward, Drop L toe taking weight onto L.

TAG: 2x Stomp Out R-L, Swivel R Heel In, Touch.

1-4 Stomp R out to R, Stomp L out to L, Swivel R heel in, Touch R next to L.

REPEAT DANCE AND HAVE FUN!
