

Chill
BEGINNER

32 Count

Choreographed by: Bill Bader

Choreographed to: I Heard It

Through The Grapevine by Marvin Gaye

LEFT TURNED LEFT, CLOSE TOGETHER, SIDE RIGHT, CLOSE TOGETHER, SIDE LEFT, CLOSE TOGETHER, BACK ON RIGHT TURNED RIGHT, CLOSE TOGETHER

- 1 Step left to left side turned 1/4 left. This step may be slightly forward also, creating a slight diagonal.
2 Close right (move the right foot beside left flat but without weight)
3 - 4 Sidestep right, close left
5 - 6 Sidestep left, close right
7 Step right back turned 1/4 right
8 Close left. This returns you to "home" (starting position)

/The quarter turns at counts 1 and 7 may be "softened" by starting the 1/4 turn on that step and finishing it on the close at counts 2 and 8.

/Swinging bent arms forward at count 1, back at count 3, forward at 5 and back at 7 gives the feel of choreography used by 60s groups like the Temptations.

MAMBO SLIDES - BACK, ROCK, FORWARD; FORWARD, ROCK, BACK

- 9 & Slide/step left back, rock forward onto right
10 Slide/step left slightly forward
11 & Slide/step right forward, rock back onto left
12 Slide/step right slightly back

REVERSE 1/2 PIVOT, FORWARD 1/2 PIVOT

- 13 Place left toe/ball back. Hint: for the next 3 moves, this foot will remain on this spot.
14 Keeping feet in place turn 1/2 left ending with weight on left
15 Step right forward
16 Keeping feet in place turn 1/2 left ending with weight on left

SIDE RIGHT, CLOSE WITH 1/4 TURN RIGHT, SIDE LEFT, RIGHT SLIGHTLY APART

- 17 Step right to the right side
18 Close left beside right turning on right 1/4 right/. Face 3:00 wall.
19 Sidestep left
20 Close right foot slightly in - still somewhat apart from left

TWO HIP ROLLS TO THE LEFT

- 21 - 24 Roll hips to the left: right, left, right, left

SIDE RIGHT, TOUCH, TRAVELING TURN LEFT, TOUCH, SIDE RIGHT, TOUCH

- 25 Step right to right side
26 Touch left toe/ball beside right
27 - 29 Traveling to left side, step left, right, left turning a full turn (1/4, 1/4, 1/2)
30 Touch right toe/ball beside left
31 Step right to right side
32 Touch left toe/ball beside right

REPEAT