

A Load Of Bologna

64 Count, 4 Wall, Improver level

Choreographer: Jon Norman (UK) April 2008

Choreographed to: I Still Like Bologna by Alan

Jackson, CD: Good Time (133 bpm)

16 count intro

Section 1 Side together, side kick (right then Left)

- 1-4 Step right to right side, Close Left together with right,
Step right to right side, Kick left foot forward
- 5-8 Step left to left side, Close right together with left,
Step left to left side, Kick right foot forward

Section 2 Grapevines right then left (optional rolling turns)

- 1-4 Step right to right side, left behind right, right to side and touch.
- 5-8 Step left to left side, right behind left, left to left side and touch.

Section 3 Cross rocks

- 1-4 Rock right foot out to right side, recover onto left, cross right over left and hold.
(optional click of fingers on hold.)
- 5-8 Rock left foot out to left side, recover onto right, cross left over right and hold.
(Optional click of fingers on hold.)

Section 4 Step 1/2 turn, step, brush, step, lock, step, brush.

- 1-4 Step forward right foot and pivot 1/3 turn over left shoulder and step right foot forward,
brush left foot forward
- 5-8 Step left foot forward, lock right behind left and then left foot forward
and brush right foot forward.

Section 5 Step, lock, step, brush, step 1/4, cross

- 1-4 Step right foot forward, lock left behind right, right foot forward and scuff left foot forward.
- 5-8 Step left foot forward and pivot 1/4 over right shoulder, weight going onto right foot,
cross left over right and hold.

Section 6 Figure 8 Grapevine

- 1-8 Step right to right side, left behind right, step right 1/4 turn right,
step left forward with 1/2 turn over right shoulder transferring weight to right foot,
step left to left side with 1/4 turn right, right foot behind left and step left to left side
with 1/4 turn to left.

Section 7 Right Lock step, brush, Left lock step, brush.

- 1-4 Step right foot forward, lock left behind right and then right foot forward
and brush left foot forward.
- 5-8 Step left foot forward, lock right behind left, step left foot forward and brush right foot forward.

Section 8 Step 1/2 step, hold, step 1/4 behind and touch

- 1-4 Step right foot forward and pivot 1/2 turn over left shoulder,
transfer weight to left foot and step right foot forward, hold.
- 5-8 Step left foot forward with 1/4 turn to right, cross right foot behind left,
step left to left side and touch right beside left.

Music download available from iTunes
