

Contagious

24 count, 4wall, Intermediate/Advanced level
Choreographer: Tina Argyle (UK) Sept 2005
Choreographed to: Smells Like Teen Spirit by Paul
Anka from the Rock Swings Album

COUNT IN: 24 Counts

Monterey ½ Turn, Touch. Left Monterey ¾ Turn, Touch Fwd.

1-2 Point Right to Right side. ½ Turn Right stepping Right at side of Left
3-4 Point Left to Left side. Touch Left at side of Right
5-6 Point Left to Left side. ¾ Turn Left stepping Left at side of Right
7-8 Point Right to Right side. Tap Right toe Fwd.

Ball change, Brush, brush, tap across. Right shuffle fwd. Step ¾ Pivot Turn. Step.

&9-10 Step Right at side of Left, Step fwd. Left. Brush Right foot forward
11-12 Brush Right across Left. Tap Right toe across Left. (On out side of Left foot.)
13&14 Step Fwd. Right. Close Left at side of Right. Step Fwd. Right.
15 Step Fwd. Left.
16& ¾ Pivot Turn Right onto Right. Step Left at side of Right.
(* Restart here 3rd wall).

Step Fwd. Right. Brush, brush, tap across. Left shuffle Fwd. Step ¾ Turn.

17-18 Step Fwd. Right. Brush Left foot forward.
19-20 Brush Left across Right. Tap Left toe across Right. (On outside of Right foot).
21& 22 Step Fwd. Left. Close Right at side of Left. Step Fwd. Left.
23-24 Step Fwd. Right. ¾ Pivot Turn Left onto Left.

Ball Cross, Side, Behind. Side rock Right, recover. Behind, Ball Cross. Long step Left.

&25-26 Step Right to Right side. Cross Left over Right. Step Right to Right side
27- 28 Cross Left behind Right. Rock Right to Right side
29-30 Recover weight onto Left. Cross Right behind Left
&31-32 Step Left to Left side. Cross Right over Left. Take long Left step to Left side.
(* Restart here 5th wall).

Right Rock Back, Recover, Side Step. Left Rock Back, Recover, Side Step. Behind, ¼ Turn Left.

33 - 34 Rock Right behind Left. Recover weight onto Left.
35-36 Step Right to Right side. Rock Left behind Right.
37-38 Recover weight onto Right. Step Left to Left side.
39-40 Cross Right behind Left. Make ¼ Turn Left stepping Fwd. Left.

Rock fwd. Recover. 1 ½ Turn Right. Step Fwd Left. Lunge to Right Diagonal.

41-42 Rock Fwd onto Right. Recover weight onto Left.
43-44 ½ Turn Right stepping Fwd onto Right. ½ turn Right stepping back Left
45-46 ½ Turn Right stepping Fwd. Right. Step Fwd. Left.
47-48 Lunge Right to Right diagonal. Recover weight onto Left.

Rock Back, Recover. Diagonal Lunge, Behind, ¼ Turn Left. ¾ Unwind Left.

49-50 Rock Back Right. Recover weight onto Left.
51-52 Lunge Right to Right diagonal. Recover weight onto Left.
53-54 Cross Right behind Left. ¼ Turn Left stepping Fwd. Left.
55-56 Cross Right over Left. ¾ Unwind turning Left finishing with weight on Left.

Side, Behind, ¼ Turn Right. ¾ Unwind Right. Side, Behind ¼ Turn Left.

57-58 Step Right to Right side. Cross Left behind Right.
59-60 ¼ Turn Right stepping Fwd. Right. Cross Left over Right.
61-62 ¾ Unwind turning Right finishing with weight on Right. Step Left to Left side.
63-64 Cross Right behind Left. Make ¼ Turn Left stepping Fwd. onto Left.

***RESTARTS – Wall 3 Dance (16 &) then start from the beginning of dance. (Comes up quick – be ready!)**

Wall 5 – Dance &31 then step FWD Left INSTEAD of long step to Left side. Start from beginning of dance.
