

Swivelfeet linedancers

Besök alltid vår hemsida

www.swivelfeet.se

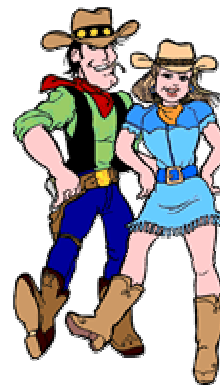
1000 Mal

40 count - 2 wall - Beginner/Intermediate level line dance

Choreographed by: Ingvar Härén (Jan 09)

Music: Du Hast Mich 1000 Mal Belogen by Andrea Berg

Start dancing on lyrics



Actual footwork		Calling suggestion	Direction
Section 1 Side Step Right, Right Shuffle, Side Step Left, Left Shuffle (Diagonally Forward)			
1 - 2	Step right to side, step left together		
3 & 4	Shuffle side stepping right, left, right		
5 - 6	Step left to side, step right together		
7 & 8	Shuffle side stepping left, right, left		
Section 2 Forward Rock, Coaster Step Right/Left			
1 - 2	Rock right forward, recover to left		
3 & 4	Step right back, step left together, step right forward		
5 - 6	Rock left forward, recover to right		
7 & 8	Step left back, step right together, step left forward		
Section 3 Kick, Flick With A Turn ½ Left, Right Shuffle, Forward Rock, Left Coaster Step			
1 - 2	Kick right forward, turn ½ left and flick right back		(6:00)
3 & 4	Shuffle side stepping right, left, right		
5 - 6	Rock left forward, rock right back		
7 & 8	Step left back, step right together, step left forward		
Section 4 Rock, Right Coaster Step With A Turn ¼ Right, Rock, Triple Turn Left With A ¾ Turn Left			
1 - 2	Rock right forward, rock left back		
3 & 4	Step right back with a turn ¼ right, step left together, step right forward		(9:00)
5 - 6	Rock left forward, rock right back		
7 & 8	Triple in place turning ¾ left stepping left, right, left		(12:00)
Section 5 Rock, Right Coaster Step With A Turn ¼ Right, Rock, Triple Turn Left With A ¾ Turn Left			
1 - 2	Rock right forward, recover to left		
3 & 4	Step right back, turn ¼ right and step left together, step right forward		(3:00)
5 - 6	Rock left forward, rock right back		
7 & 8	Triple in place turning ¾ left stepping left, right, left		(6:00)
	Repeat		