

Pick N Mix

Count: 32

Wand: 2

Ebene: Easy Improver

Choreograf/in: Joyce Plaskett (UK) & Dawn Sherlock (UK) - September 2015

Musik: Saturday Night At the Movies - The Drifters : (2:28)



Music Available for download on amazon and iTunes

Introduction - 16 Count Intro (7 secs)

Right Chasse, Rock Back Recover, Left Kick and Cross x 2

- 1&2 Right side, close left next to right, right to right side,
3, 4 Rock back left, recover on right
5&6, 7&8 Left kick and cross right over left, Left kick and cross right over left (12)

Left Chasse, Rock Back, Right Kick and Cross with 1/8th Turn Left Each x 2

- 1&2 Left to left side, close right next to left, left to left side
3, 4 Rock back on right, recover on left,
5&6, 7&8 1/8th turning left, right kick & cross left over right, 1/8 th turning left, right kick and cross left over right(9)

Side Right, Hold, Left Rock Back Recover Right, Toe Strut, Cross Strut

- 1, 2 Right to right side, hold (9)
3, 4 Rock back on left, recover on right
5, 6 Left toe to side, drop left heel
7, 8 Right toe across left and drop heel

Left Heel Grind turn ¼ left, rock recover, forward left, back rock, forward left, touch right next to left

- 1, 2 Left heel grind across right turning a ¼ turn left , place right foot to right side (6)
3, 4 Back rock on left, recover weight onto right
5, 6 Rock forward onto left, recover right
7, 8 Rock back onto left, touch right next to left.

***4 count Tags - End of wall 2 (12 o'clock) end of wall 5 (6 o'clock) Right forward rocking chair**

- 1,2,3,4 Rock forward on right, recover on left, rock back on right, recover on left restart

****12 count Tag – end of Wall 7 (6 o'clock) Right forward rocking chair x 2, right jazz box**

- 1,2,3,4, Rock forward on right, recover on left, rock back on right, recover on left
5,6,7,8, Rock forward on right, recover on left, rock back on right, recover on left
9,10,11,12 Cross right foot over left, step back on left foot, place right foot to right side, close left foot next to right

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