

# Medium Rare & Well Done

Count: 24

Wand: 4

Ebene: Beginner contra dance

Choreograf/in: Kris Spratt (UK)

Musik: Medium Rare & Well - Larry Boone



## KICK FORWARD, ROCK FORWARD AND BACK ON

- 1-2 Kick right foot forward at knee height twice  
& Step right foot next to left placing the weight onto the right foot  
3 Rock back on left foot, lifting the right foot off the floor slightly  
4 Stomp right foot forward, placing the weight on the right foot  
5-6 Kick left foot forward at knee height twice  
& Step left foot next to right placing the weight onto the left foot  
7 Rock back on right foot, lifting the left foot off the floor slightly  
8 Stomp left foot forward, placing the weight on the left foot

## SHUFFLE FORWARD RIGHT & LEFT TOE SWITCHES WITH ¼ TURN RIGHT

- 9&10 Right shuffle forward; right, left, right  
11&12 Left shuffle forward; left, right, left  
13 Point right toes forward  
& Step right foot in to place next to left foot switching weight to right foot  
14 Point left toes forward  
& Step left foot in to place next to right foot switching weight to left foot  
15 Touch right foot out to right side  
16 Making a ¼ turn right on the ball of the left foot, hook right foot in front of left knee

## SHUFFLE FORWARD & BACK, BACK & FORWARD

- 17&18 Right shuffle forward; right, left, right  
19&20 Left shuffle back; left, right, left  
21&22 Right shuffle back; right, left, right  
23&24 Left shuffle forward; left, right, left

## REPEAT

During steps 17-24, after each shuffle, raising the foot slightly off the floor will make it easier for the next shuffle. It does seem tricky when first danced, but stick with it and you will soon pick it up.

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