

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.
