

# Midwest Coast

Count: 32

Wand: 2

Ebene: Beginner

Choreograf/in: Jeni Routon & Melissa Reimer

Musik: Somebody's Leavin' - Patricia Conroy



## KICK-CROSS-SLIDE, KICK-CROSS-SLIDE, TOUCH FORWARD, TOUCH BACK, ¼ TURN LEFT, TOUCH RIGHT

- 1&2 Kick left, cross left over right, slide right back  
3&4 Kick right, cross right over left, slide left back  
5-6 Touch left in front, touch left in back  
7-8 Step left in front, turn ¼ to the left and touch right next to left

## KICK DIAGONALS, TOUCH BACK TWICE, ½ TURN WITH TWIST STEP FINISH, SIDE ROCK REPLACE

- 1-2 Kick right across to left diagonal, touch right toe back to right diagonal  
3-4 Repeat 1-2  
5-6 Twist ½ to the right while shifting weight from left to right

**You will end with weight on the right with legs crossed, right in front of left**

- 7&8 Rock to left with left foot, shift weight onto right, step left to right

## HEEL JACK TO THE RIGHT, HEEL JACK TO THE LEFT, DOUBLE HEEL JACK TO THE RIGHT

- &1&2 Step right foot back, touch left heel forward to the left, step left next to right, cross right over left  
3&4 Step left foot back, touch right heel forward to the right, step right, cross left over right  
&5&6 Step right foot back, touch left heel forward to the left, step left next to right, touch right next to left  
&7&8 Step right foot back, touch left heel forward to the left, step left next to right, touch right next to left

## TWIST TO RIGHT DIAGONAL, KICK RIGHT TO RIGHT DIAGONAL, TOUCH RIGHT BEHIND, WEIGHT SHIFT LEFT, SYNCOPATED ROCKS TO SIDE AND FRONT/LEFT DIAGONAL, SWEEP, STEP AND DRAG, ¼ TURN

- 1 Bring feet together and turn slightly right of center, kick right foot to right diagonal  
2 Touch right to the back and slightly behind left  
3& Side rock right, shift weight left (return to facing center)  
4& Front rock with right (in front and slightly across left), shift weight onto left  
5-6 Sweep right to side while turning ½ but keep weight on left foot, touch right to closed

**You should now be facing 9:00**

- 7 Large step to right dragging left to closed  
8 Turn ¼ to the left

**Keep left foot un-weighted to start dance again**

**You should now be facing 6:00**

**REPEAT**