

Dance My Lindy Lou

Count: 48

Wand: 4

Ebene:

Choreograf/in: Robbie McGowan Hickie (UK)

Musik: Shadows In the Night - Scooter Lee



GRAPEVINE RIGHT, UNWIND, CLAP

- 1 Step right foot to right side
- 2 Cross left foot behind right
- 3 Step right foot to right side
- 4 Cross left foot over right
- 5 Unwind ½ turn
- 6 Clap

GRAPEVINE RIGHT, UNWIND, CLAP

- 7 Step right foot to right side
- 8 Cross left foot behind right
- 9 Step right foot to right side
- 10 Cross left foot over right
- 11 Unwind ½ turn
- 12 Clap

HEEL GRINDS

- 13-14 Step forward on the right heel and grind
- 15-16 Step forward on the left heel and grind
- 17-18 Step forward on the right heel and grind
- 19-20 Step forward on the left heel and grind

ROCK FORWARD, ROCK BACK

- 21 Rock forward on the right foot
- 22 Transfer weight back on to left foot
- 23 Rock back on to right foot
- 24 Transfer weight back on to left foot

PIVOT, VINE, POINT

- 25 Step forward on right foot
- 26 Pivot ½ turn over left shoulder
- 27 Cross right foot over left
- 28 Step left foot to left side
- 29 Cross right foot behind left
- 30 Point left toe to left side

VINE RIGHT, POINT

- 31 Cross left foot over right
- 32 Step right foot to right side
- 33 Cross left foot behind right
- 34 Point right toe to right side

CROSS OVER, POINT

- 35 Cross right foot over left
- 36 Point left toe to left side
- 37 Cross left foot over right

- 38 Point right toe to right side
- 39 Cross right foot over left
- 40 Point left toe to left side
- 41 Cross left foot over right
- 42 Point right toe to right side

JAZZ BOX, ¼ TURN, UNWIND, CLAP

- 43 Cross right foot over left
- 44 Step back on left foot making ¼ turn to left
- 45 Step right foot next to left
- 46 Cross left foot over right
- 47 Unwind ½ turn
- 48 Clap

REPEAT

Styling notes: (Heel Grinds)

Step forward right heel pointing toes to the left. Grind heel moving toes to the right. Step forward left heel pointing toes to the right. Grind heel moving toes to the left, rolling your body around on each step
