

Dance About It

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Helaine Norman (USA) - December 2022

Music: Dance About It - Meghan Trainor



Intro: Short intro, on word "dance"

Tag and restart: 2

I. SHUFFLE ½ L TURN, ROCK RECOVER; SHUFFLE ½ R TURN, ROCK RECOVER

- 1&2 Step R forward making 1/4 turn left (9:00), step L together, step R back making ¼ turn left (6:00)
- 3-4 Rock L back, recover to R
- 5&6 Step L forward making ¼ turn right (9:00), step R together, step L back making ¼ turn right (12:00)
- 7-8 Rock R behind, recover to L

Optional for I. (with no turns): Lindy R & L

II. MODIFIED CHARLESTON; ROCK RECOVER, CROSSING SHUFFLE

- 1-2 Step R side, kick L over
- 3-4 Step L side, touch R together
- *Tag & restart here: Wall 7 & 8**
- 5-6 Rock R side, recover to L
- 7&8 Step R over, step L together, step R over

III. MODIFIED CHARLESTON; ROCK RECOVER, CROSSING SHUFFLE

- 1-2 Step L side, kick R over
- 3-4 Step R side, touch L together
- 5-6 Rock L side, recover to R
- 7&8 Step L over, step R together, step L over

IV. CHASSE ¼ R TURN, PIVOT 1/2 R TURN; SHUFFLE, KICK BALL CHANGE

- 1&2 Step R side, step L together, step R forward making ¼ turn right (3:00)
- 3-4 Step L forward making 1/2 turn right, weight to R (9:00)
- 5&6 Step L forward, step R together, step L forward
- 7&8 Kick R forward, step on R ball, recover to L

REPEAT

TAG & RESTART: The tags & restarts are both at 6:00. After 12 counts, during wall 7 & 8: Sway R L R L (4 counts), restart.

ENDING: After 24 counts, during wall 12, facing 9:00, making ¼ turn right, step R forward (12:00)

Helaine43@gmail.com

Last Update: 8 Feb 2023