

# Six Pack

Count: 64

Wall: 2

Level: Improver

Choreographer: Cassey Rowe (UK) - April 2014

Music: Six Pack - Gary Ray



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## Heel, hook, step, flick, back, lock, back, hold

- 1-4 Right heel tap forward, Right hook in front of Left shin, Right step forward, Left flick up behind right
- 5-8 Left step back, Right step back lock over Left, Left step back, hold

## Full Turn R, hold, fwd, lock, fwd, hold

- 9-12 Full turn R R,L,R, hold (Easier option Right Coaster) (12.00)
- 13-16 Left step forward, Right step lock behind Left, Left step forward, hold\*\*\*\*\*

## 1/4 turn L, tap, 1/4 turn L, tap, side, hold, back rock

- 17-18 Right step to side with 1/4 turn L, Left tap next to Right (9.00)
- 19-20 Left step to side with 1/4 turn L, Right tap next to Left (6.00)
- 21-24 Right step to side, hold, Left back rock, recover

## Side, tog, Side, hold, Fwd rock, recover, back strut

- 25-28 Left step to side, Right step next to Left, Left step forward, hold
- 29-30 Right step forward, recover onto Left
- 31-32 Right toe back, lower Right heel

## Back strut, back strut, back, back, forward, hold

- 33-34 Left toe back, lower Left heel
- 35-36 Right toe back, lower Right heel
- 37-40 Left step back, Right step next to Left, Left step forward, hold

## Fwd, hook, back, hook, fwd, lock, fwd, hold

- 41-44 Right step forward, hook Left behind Right, Left step back, Right hook in front of Left
- 45-48 Right step forward, Left step lock behind Right, Right step forward, hold

## Fwd 1/2 turn R, fwd 1/2 turn R, side, tog, fwd, hold

- 49-52 Left step forward, pivot 1/2 turn Right (12.00), Left step forward, pivot 1/2 Right (6.00)
- (Easier option: Rocking Chair)**
- 53-56 Left step to side, Right step next to Left, Left step forward, hold

## Side, tog, back, hold, back, back, fwd, hold

- 56-59 Right step to side, Left step next to right, Right step back, hold
- 60-64 Left step back, Right step next to Left, Left step forward, hold

\*\*\*\*\*RESTART After count 16 on WALLS 4 and 8

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