

Get a Little Southbound

Compte: 48

Mur: 4

Niveau: Improver

Chorégraphe: Pam Wingo (USA), Rose Napolitan Prim & Kim Moseley McFarlane - July 2019

Musique: Southbound - Carrie Underwood



SECTION 1: Walks (2 x's), Shuffle forward, Rock step, Turning shuffle

- 1-2 Walk R (1), walk L (2)
3&4 Step forward R (3), step L foot next to R (&), step forward on R (4)
5-6 Rock forward on L (5), recover weight to R (6)
7&8 Step back on L making 1/2 turn(7), step back on R making 1/2 turn (&), Step L foot next to R (8) **

****ALTERNATE STEP: shuffle back w/no turn L,R,L**

SECTION 2: SAILOR R, SAILOR L, HEEL SWITCHES, BIG STEP FORWARD

- 1&2 Step R foot behind L (1), Step L foot to side (&), Step R foot next to L (2)
3&4 Step L foot behind R (3), Step R foot to side(&), Step L foot next to R (4)
5&6& Touch R heel forward (5), bring R foot in next to L (&), touch L heel forward (6), bring L foot in next to R (&)
7-8 Take a big step forward w/R (7), slide L foot next to R, putting weight on L (8)

SECTION 3: WALKS (4 x's), TOE, HEEL STOMPS (2 x's)

- 1-4 Step forward on R (1), Step w/L making 1/4 turn L (2), step forward on R making 1/4 turn L (3), step forward on R making 1/4 L (4) (3:00 wall)
5&6 Touch R toe next to instep of L (5), touch R heel to instep of L (&), stomp R foot forward (6)
7&8 Touch L toe next to instep of R (7), touch L heel to instep of R (&), stomp L foot forward (8)

SECTION 4: KICK & POINT (2 x's), STEP PIVOT (2 x's)

- 1&2 Kick R foot out to front (1), step R foot next to L (&), point L toe to side(2)*
3&4 Kick L foot out to front (3), step L foot next to R (&), point R toe to side (4)
5-8 Step forward on R (5), make a 1/2 turn L (6), step forward on R (7), make a 1/2 turn L (8)

SECTION 5: SHUFFLE R W/ROCK STEP, SHUFFLE L W/ROCK STEP

- 1&2 Step R to R (1), step L next to R (&), step R to R (2)
3-4 Rock L foot behind R (3), recover weight to R (4)
5&6 Step L to L (5), step R next to L (&), step L to L (6)
7-8 Rock R foot behind L (7), recover weight to L (8)

SECTION 6: R VAUDEVILLE STEP, L VAUDEVILLE STEP

- 1-2 Step R foot to R (1), cross L behind R (2)
&3&4& step R to R (&), touch L heel forward(3), step L foot next to R (&), cross R foot over L (4)
5-6 Step L foot to L(5), cross R foot behind L (6)
&7& 8 Step L foot to L (&), touch R heel forward(7), step R foot next to L (&), cross L foot over R(8)

NO TAGS OR RESTARTS!! Begin dance again!

Any questions, please contact me at: pamdances@icloud.com

Last Update – 20 July 2019