

# A Rhythm and a Tune

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Kirsty Harpham-Fox (UK) - February 2025

**Musique:** Music in My Head - The Vintage Explosion : (amazon)



**(NO tags or restarts)**

**Intro: 16 counts (approx. 7s) – Start on vocals**

**S1 Side L, Kick R Across, Side R, Flick L Behind, Hip Bumps L,R,L,R**

1,2 Step L to L side, kick R across L (with clap)  
3,4 Step R to R side, flick L behind R (with clap)  
5,6 Step L to L side bumping hips to L, bump hips to R  
7,8 Bump hips to L, bump hips to R (weight on R) 12:00

**S2 Side L, Step R, Step Fwd L, Brush R, R Rocking Chair**

1,2 Step L to L side, step R next to L putting weight on R  
3,4 Step forward on L, brush R forward  
5,6 Rock forward on R, recover weight on L  
7,8 Rock back on R, recover weight on L 12:00

**S3 R Toe Strut Fwd, L Toe Strut Fwd, Side R, Kick L Across, Side L, Flick R Behind**

1,2 Touch R toes forward, lower R heel and transfer weight on to R  
3,4 Touch L toes forward, lower L heel and transfer weight on to L  
5,6 Step R to R side, kick L across R (with clap)  
7,8 Step L to L side, flick R behind L (with clap) 12:00

**S4 Side R, Behind L, Step R ¼ R, Brush L, Step Fwd L, Pivot ½ R, Walk L, Walk R**

1,2 Step R to R side, step L behind R  
3,4 Make ¼ turn R stepping forward on R, brush L forward 3:00  
5,6 Step forward on L, make ½ turn R (weight forward on R) 9:00  
7,8 Walk forward on L, walk forward on R

**(turning option for counts 7-8: make ½ turn R stepping back on L, make ½ turn R stepping forward on R)**

**Start the dance again**

**ENDING: The song finishes during WALL 10. Dance up to and including count 28 then to finish facing 12:00 please replace counts 29-32 with a L Jazz Box:**

5,6,7,8 Cross L over R, step back on R, step L to L side, touch R next to L

**(optional extra fun can be had by throwing your arms in the air with the “touch R next to L”)**