

Step Sheets

Northern Virginia Country-Western Dance Association

Beginner Line Dance Workshop

Reston YMCA

February 29, 2020



www.nvcwda.org

www.facebook.com/nvcwda

info@nvcwda.org

ROCK THIS PARTY

32 counts, 1 wall

<https://youtu.be/jcEk6Cxni6E>

4 TOE STRUTS FORWARD

- 1-2 Step forward on right toe, then drop the heel.
- 3-4 Step forward on left toe, then drop the heel.
- 5-6 Step forward on right toe, then drop the heel.
- 7-8 Step forward on left toe, then drop the heel.

4 STEPS BACKWARDS

- 1-4 Walk backwards right foot, left foot, right foot, left foot.

STAY IN PLACE AND STEP OUT TO SIDES

- 5-6 Step out with right foot to right side. Step out with left foot to left side.
- 7-8 Step out with right foot to right side. Step out with left foot to left side.

GRAPEVINE TO THE RIGHT

- 1-4 Step right foot to right, step left foot behind, step right foot to right, touch left foot next to right foot.

GRAPEVINE TO THE LEFT

- 5-8 Step left foot to left, step right foot behind, step left foot to left, touch right foot next to left foot.

PADDLE AROUND TO THE LEFT MAKING A FULL TURN

- 1-8 Keep left foot in place while pushing yourself around with the right foot 4 times (8 counts) counterclockwise. Make a full turn to the left, returning to face the front wall (12:00).

REPEAT

COWGIRL HUSTLE

24 counts, 4 walls

<https://youtu.be/KKU-Nf0-XfM>; <https://youtu.be/f3noZdeGJzM>

GRAPEVINE RIGHT, BRUSH LEFT

1-4 Step right foot to right, step left foot behind, step right foot to right.
Brush kick with left foot.

GRAPEVINE LEFT, BRUSH RIGHT

5-8 Step left foot to left, step right foot behind, step left foot to left.
Brush kick with right foot.

STEP RIGHT, BRUSH LEFT, STEP LEFT, BRUSH RIGHT

1-4 Step forward on right foot, brush step with left foot, step forward on left foot, brush step with right foot.

WALK 3 STEPS BACK, TOUCH LEFT

5-8 Walk back right, left, right, touch left.

DOUBLE HIP BUMPS FORWARD AND BACKWARD

1-4 Lean forward onto left foot and bump hips forward 2 times, bump hips backward 2 times.

SINGLE HIP BUMPS FORWARD AND BACKWARD

5-6 Bump hips forward 1 time, bump hips backward 1 time.

STEP LEFT FORWARD, PIVOT 1/4 TURN LEFT

7-8 Step left foot forward and pivot 1/4 turn left. Brush step with right foot.

REPEAT

KOKOMO

32 counts, 4 walls

SIDE TOUCHS, SIDE TOGETHER SIDE TOUCH TO THE RIGHT

- 1-2 Right foot steps to the right, left foot touches next to right.
- 3-4 Left foot steps to left, right foot touches next to left.
- 5-6 Right foot steps to right, left foot slides & steps next to right.
- 7-8 Right foot steps to right, left foot touches next to right.

SIDE TOUCHS, SIDE TOGETHER SIDE TOUCH TO THE LEFT

- 1-2 Left foot steps to left, right foot touches next to left.
- 3-4 Right foot steps to right, left foot touches next to right.
- 5-6 Left foot steps to left, right foot slides & steps next to left.
- 7-8 Left foot steps to left, right foot touches next to left.

SCOOT TO THE RIGHT DIAGONAL, SCOOT TO THE LEFT DIAGONAL

- 1-2 Right foot steps up to right corner, left foot slides up beside right.
- 3-4 Right foot steps up to right corner again, left foot touches up next to right.
- 5-6 Left foot steps up to left corner, right foot slides up beside left foot.
- 7-8 Left foot steps up to left corner again, right foot touches next to left.

GRAPEVINE TO THE RIGHT WITH ¼ TURN RIGHT

- 1 Right foot steps to right side.
- 2 Left foot steps to right, crossing behind right foot.
- 3 Right foot steps to right turning 1/4 to right.
- 4 Left foot kicks forward (to new wall at 3:00.)

FOUR STEPS BACK WITH TOUCH (NOW FACING 3:00)

- 5 Left foot steps back.
- 6 Right foot steps back.
- 7 Left foot steps back.
- 8 Right foot touches next to left.

REPEAT

TEMPTATION CHA

20 counts, 4 walls

<https://youtu.be/FjD26sNhqIk>

CHA CHA FORWARD, CHA CHA BACKWARD

- 1&2 Cha cha (shuffle) forward right-left-right.
- 3-4 Rock left foot forward, recover to right foot.
- 5&6 Cha cha (shuffle) back left-right-left.
- 7-8 Rock right foot backward, recover to left foot.

HALF TURNING SHUFFLES WITH ROCK STEPS

- 1&2 Cha cha forward right-left-right turning $\frac{1}{2}$ turn to the left. You are now facing the back wall.
- 3-4 Rock left foot back, recover to right foot.
- 5&6 Cha cha forward left-right-left turning $\frac{1}{2}$ turn to the right. You are now facing the front wall.
- 7-8 Rock right foot back, recover to left foot.

QUARTER TURN LEFT WITH SWAYS

- 1-2 Step right forward, turning $\frac{1}{4}$ to the left. Sway to left side (weight to left foot). You are now facing the 9:00 wall.
- 3-4 Sway to right side, sway to left side (weight to left foot).

REPEAT

ROCKIN' THE WAGON WHEEL

32 counts, 4 walls

c. Jamie Marshall

https://youtu.be/O_sRLitPLIA

STEP, LOCK, STEP, SCUFF

- 1-4 Step right forward, lock left behind, step right forward, scuff left forward.
- 5-8 Step left forward, lock right behind, step left forward, scuff right forward.

TOE, HEEL STRUT JAZZ TRIANGLE

- 1-2 Cross right toe over left foot, lower right heel.
- 3-4 Step left toe back, lower left heel.
- 5-6 Turn 1/4 right and step right toe forward, lower right heel (3:00).
- 7-8 Step left toe together, lower left heel.

RIGHT SIDE MAMBO, LEFT SIDE MAMBO

- 1-4 Rock right side, recover to left, step right together, clap.
- 5-8 Rock left side, recover to right, step left together, clap.

2 ROCKING CHAIRS

- 1-4 Rock right foot forward, recover to left foot, rock right foot back, recover to left foot.
- 5-8 Rock right foot forward, recover to left foot, rock right foot back, recover to left foot.

REPEAT

MAMITA

32 counts, 4 walls

c. Ira Weisburd

<https://youtu.be/NomthMmM9HY>

4 BASIC MERENGUE STEPS TO RIGHT: SIDE, CLOSE, SIDE, CLOSE; SIDE, BACK, RECOVER, SIDE

- 1-2 Step right side, step left together.
- 3-4 Step right side, step left together.
- 5-6 Step right side, rock left back.
- 7-8 Recover to right, step left side.

WEAVE BACK 4 STEPS WITH RIGHT; STEP BACK, RECOVER, SIDE, BACK

- 1-2 Step right back, step left side.
- 3-4 Cross right over, step left side.
- 5-6 Rock right back, recover to left.
- 7-8 Step right side, step left back.

WALK 3 STEPS FORWARD, POINT LEFT TO LEFT; WALK 3 STEPS BACK, POINT RIGHT TO RIGHT

- 1-2 Step right forward, step left forward.
- 3-4 Step right forward, touch left side.
- 5-6 Step left back, step right back.
- 7-8 Step left back, touch right side.

CROSS, POINT, CROSS, POINT; JAZZ 1/4 TURN RIGHT

- 1-2 Cross right over, touch left side.
- 3-4 Cross left over, touch right side.
- 5-6 Cross right over, step left back.
- 7-8 Turn ¼ right and step right side, cross left over (3:00).

REPEAT

STEALING THE BEST

32 counts, 4 walls

c. Rosie Multari

https://youtu.be/ONVICUV_FFc

STOMP KICK TRIPLE STEP 2 TIMES

- 1-2 Stomp (or touch) right together, kick right forward.
- 3&4 Triple in place stepping right, left, right.
- 5-6 Stomp (or touch) left together, kick left forward.
- 7&8 Triple in place stepping left, right, left.

2 GRAPEVINE TRIPLES WITH ¼ TURN LEFT

- 1-2 Step right to side, cross left behind right.
- 3&4 Triple in place stepping right, left, right.
- 5-6 Step left to side, cross right behind left.
- 7&8 Triple in place turning ¼ left and stepping left, right, left.

WALK TRIPLE AND TURN ½ TRIPLE

- 1-2 Step right forward, step left forward.
- 3&4 Shuffle forward right, left, right.
- 5-6 Step left forward, turn ½ right (weight to right).
- 7&8 Shuffle forward left, right, left.

TOE TOUCH TRIPLES

- 1-2 Touch right forward, touch right to side.
- 3&4 Triple in place stepping right, left, right.
- 5-6 Touch left forward, touch left to side.
- 7&8 Triple in place stepping left, right, left.

REPEAT