



## Green Frog

32 count, 4 wall, beginner level

Choreographer: William Sevone (April 2004)

Choreographed to: Green Door by Wynder K Frog on many compilation albums (144 bpm)...for alternate music refer to dance sheet

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Choreographers note:- There are many singing versions of this classic song - but only a handful (if that) instrumental versions. This version from 1967 is, in my opinion the best to ever come out of both worlds. Even though the sound is very American - Wynder K. Frog (a group by the way) were very much from the UK.

There are a few options within the script that the dancer may like to use - flexibility is the key.. and does add enjoyment to dancing in whatever form it takes. Suitable for established Beginners (new levels).

Always remember - 'The beat may reach your feet - but the rhythm will electrify your soul'.

Dance starts after the words "Hit it" as the trumpets and saxaphones come in. Feet slightly apart, weight on left.

### 'Minty' Jazz Box. Fwd Shuffle (12:00)

1 - 2 Cross step right over left. Step backward onto left foot.

3 Step right foot to right side and slightly forward.

4 - 5 Cross step left foot over right. Step backward onto right foot.

6 Step left foot to left side and slightly forward.

7& 8 (short steps) Step forward onto right foot, close left foot next to right, step forward on right foot.

Dance note: Counts 1-6 form a 'figure of 8' when completed.

### Fwd Shuffle. Push Step. Step. Slow Fwd Coaster Step. Cross Step (12:00)

9& 10 (short steps) Step forward on left foot, close right foot next to left, step forward on left

11 - 12 Push step forward onto right foot. Step onto left foot.

13 - 14 Step backward onto right foot. Step left foot next to right.

15 - 16 Step forward onto right foot. Cross step left foot over right.

### 2x Grapevine with Optional Expression (12:00)

17 - 18 Step right foot to right side. Cross step left foot behind right.

Option: Count 18: Cross step left foot over right foot.

19 - 20 Step right foot to right side. (keeping right foot facing forward) Turn whole body towards right and tap left toe next to right toe (bending left knee forward slightly).

21 - 22 Step left foot to left side. Cross step right foot over left.

23 - 24 Step left foot to left side. (keeping left foot facing forward) Turn whole body towards left and tap right toe next to left toe (bending right knee forward slightly).

Option: Count 20: (turning body slightly left) Touch left heel diagonally forward left.

Count 24: (turning body slightly right) Touch right heel diagonally forward right.

### 1/4 Right Extended Grapevine. Cross Rock-Rock (or Option). Side Step (3:00)

25 - 26 Turn 1/4 right & step right foot to right side. Cross step left foot over right.

27 - 28 Step right foot to right side. Cross step left foot behind right.

29 - 30 Step right foot to right side. Cross rock/push step left foot over right.

31 - 32 Rock/step onto right foot. Step left foot to left side.

Option: Counts 30-31: 'Jumpin' Frogs' - feet together slight jump to right (30), slight jump to left (31)

DANCE FINISH: The dance will finish on count 16 of the 15th wall facing 6:00.

To finish facing the 'home' wall, just add a 1/2 turn (unwind) right after count 16.

Other suggested music: Glen Campbell  
Bar-Kays  
Rufus Thomas  
Lionel Richie  
Deee-lite  
Lulu

Southern nights (111bpm)  
Soul Finger (115 bpm)  
Walking the dog (116 bpm)  
Outrageous (118 bpm)  
Groove is in the heart (121 bpm)  
Yeah, now you love me (128 bpm)