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Approved by:


| 4 WALL - 48 COUNTS - INTERMED/ATE |  |  |  |
| :---: | :---: | :---: | :---: |
| STEPS | AcTUAL FOOTwORK | CALLING SUGGESTION | DIRECTION |
| $\begin{gathered} \text { Section } 1 \\ 1 \& 2 \\ 3 \\ 4 \& 5 \\ 6 \\ 7 \& 8 \end{gathered}$ | Kick Ball Step, Pivot 1/2, Coaster Step, Step, 1/4 Point, Switch Point <br> Kick right forward. Step right beside left. Step left forward. <br> Pivot $1 / 2$ turn right, keeping weight on left. <br> Step right back. Step left beside right. Step right forward. <br> Step left forward. <br> Turn $1 / 4$ left pointing right to right side. Step right beside left. Point left to left side. | Kick Ball Step <br> Pivot <br> Coaster Step <br> Step <br> Turn \& Point | On the spot <br> Turning right <br> On the spot <br> Forward <br> Turning left |
| $\begin{gathered} \text { Section } 2 \\ 1 \& 2 \\ 3 \& 4 \\ 5-6 \\ 7 \& 8 \end{gathered}$ | Sailor Step, $1 / 4$ Sailor Step, Forward Rock, Triple Full Turn <br> Cross left behind right. Step right to right side. Step left to place. <br> Turn $1 / 4$ right stepping right behind left. Step left to side. Step right to right side. <br> Rock forward on left. Recover onto right. <br> Triple step full turn left, stepping - left, right, left. | Left Sailor <br> Quarter Sailor <br> Rock Forward Triple Full Turn | On the spot <br> Turning right <br> On the spot <br> Turning left |
| $\begin{gathered} \text { Section } 3 \\ 1-2 \\ 3 \& 4 \\ 5-6 \\ 7 \& 8 \end{gathered}$ | Side, Together, Chasse 1/4 Turn, Step, Pivot 1/4, Behind Side Cross <br> Step right to right side. Step left beside right. <br> Step right to right side. Close left beside right. Step right $1 / 4$ turn right. <br> Step left forward. Pivot $1 / 4$ turn right. <br> Cross left behind right. Step right to right side. Cross left over right. | Side Together <br> Chasse Quarter <br> Step Pivot <br> Behind Side Cross | Right <br> Turning right <br> Right |
| $\begin{gathered} \text { Section } 4 \\ 1 \\ 2 \\ 3 \& 4 \\ 5 \\ 6 \\ 7 \& 8 \end{gathered}$ | 2 Prissy Walks, $1 / 4$ Turn, Side, Cross (x 2) <br> Step right forward, crossing slightly over left. Step left forward, crossing slightly over right. Turn $1 / 4$ left stepping back onto right. Step left to left side. Cross right over left. Step left forward, crossing slightly over right. Step right forward, crossing slightly over left. Turn $1 / 4$ right stepping back onto left. Step right to right side. Cross left over right. | Walk <br> Walk <br> Quarter Side Cross <br> Walk <br> Walk <br> Quarter Side Cross | Forward <br> Turning left Forward <br> Turning right |
| $\begin{gathered} \text { Section } 5 \\ 1-2 \\ 3 \& 4 \\ 5-6 \\ 7 \& \\ 8 \end{gathered}$ | Sway, Sway, Chasse 1/4 Turn, Forward Rock, Triple 1 1/2 Turn <br> Step right to right side swaying hips right. Step left to left side swaying hips left. Step right to right side. Close left beside right. Step right $1 / 4$ turn right. <br> Rock forward on left. Recover onto right. <br> Make $1 / 2$ turn left stepping left forward. Make $1 / 2$ turn left stepping back on right. Make $1 / 2$ turn left stepping left forward. | Sway Sway <br> Chasse Quarter <br> Rock Forward <br> Full Turn <br> Half | On the spot <br> Turning right <br> On the spot <br> Turning left |
| $\begin{gathered} \text { Section } 6 \\ 1-2 \\ 3-4 \\ 5 \& 6 \\ 7 \& 8 \end{gathered}$ | Cross, Back, Back Rock, Shuffle 1/2 Turn, Coaster Step Cross right over left. Step left back. Rock back on right. Recover onto left. Shuffle $1 / 2$ turn left, stepping - right, left, right back. Step left back. Step right beside left. Step left forward. | Cross Back <br> Rock Back <br> Shuffle Half <br> Coaster Step | Back <br> On the spot <br> Turning left <br> On the spot |
| $\begin{gathered} \mathrm{Tag} \\ 1 \& 2 \\ 3 \& 4 \end{gathered}$ | End of Wall 2 (facing 6:00) Forward Mambo, Back Mambo Rock forward on right. Rock back on left. Step right back. Back back on left. Rock forward on right. Step left forward. | Forward Mambo Back Mambo | On the spot |

[^0]A video clip of this dance is available at


Approved by:


Footloose

| 4 WALL - 48 COUNTS - INTERMED/ATE |  |  |  |
| :---: | :---: | :---: | :---: |
| STEPS | ACTUAL FOOTwORK | CALLING SugGestion | DIRECTION |
| $\begin{gathered} \text { Section } 1 \\ 1-2 \\ 3-4 \\ 5-6 \\ 7-8 \end{gathered}$ | Grapevine 1/4 Turn, Brush, 1/4 Turn, Heel Swivels, Kick <br> Step right to right side. Cross left behind right. <br> Turn 1/4 right and step right to side. Brush left forward. <br> Turn $1 / 4$ right, both feet together, twisting heels left. Twist toes left. <br> Twist heels left. Kick right forward to right diagonal. | Side Behind Quarter Brush Quarter Swivel Swivel Kick | Right <br> Turning right <br> On the spot |
| $\begin{gathered} \text { Section } 2 \\ 1-2 \\ 3-4 \\ 5-6 \\ 7-8 \end{gathered}$ | Back Rock, Grapevine Cross, Touch, 1/4 Turn Rock back on right. Recover onto left. <br> Step right to right side. Cross left behind right. <br> Step right to right side. Cross left over right. <br> Touch right to right side. Make $1 / 4$ turn right and step right beside left. | Rock Back Side Behind Side Cross Touch Quarter | On the spot Right <br> Turning right |
| Section 3 $\begin{aligned} & 1-2 \\ & 3-4 \\ & 5-8 \end{aligned}$ <br> Tag 1/Restart | Kick, Jazz Box, Knee Bends With Holds <br> Kick left forward to left diagonal. Cross left over right. <br> Step right back. Step left to left side. <br> Bend right knee inward. Hold. Bend left knee inward. Hold. <br> Wall 4: Dance Tag 1 (4-count knee bends) then Restart dance from beginning. | Kick Cross <br> Back Side <br> Knee Hold Knee Hold | On the spot |
| $\begin{gathered} \text { Section } 4 \\ 1 \& 2 \\ 3-4 \\ 5 \\ 6 \\ 7-8 \end{gathered}$ | Kick Ball Change, Toe Strut, Knee Rolls, Kick <br> Kick right forward. Step right beside left. Step onto left in place. <br> Step right toe forward. Drop right heel taking weight. <br> Step left small step forward, rolling left knee to left. <br> Step right small step forward, rolling right knee to right. <br> Step left small step forward, rolling left knee to left. Kick right forward. | Kick Ball Change <br> Toe Strut <br> Knee <br> Knee <br> Knee Kick | On the spot Forward |
| $\begin{gathered} \text { Section } 5 \\ 1-2 \\ 3-4 \\ 5-6 \\ 7-8 \\ \text { Restart } \\ \text { Tag 2/Restart } \end{gathered}$ | Diagonal Step Back, Touch With Clap (x 4) <br> Step right back to right diagonal. Touch left beside right and clap. Step left back to left diagonal. Touch right beside left and clap. Step right back to right diagonal. Touch left beside right and clap. Step left back to left diagonal. Touch right beside left and clap. Wall 6: Restart dance from beginning at this point. <br> Wall 8: Dance Tag 2 (4-count hip bumps) then Restart dance from beginning. | Back Touch Back Touch Back Touch | Back |
| $\begin{gathered} \text { Section } 6 \\ 1-2 \\ 3-4 \\ 5 \& 6 \\ 7-8 \end{gathered}$ | Full Rolling Turn With Touch, Chasse, Back Rock <br> Make $1 / 4$ turn right and step right forward. Make $1 / 2$ turn right and step left back. Make $1 / 4$ turn right and step right to side. Touch left beside right. Step left to left side. Close right beside left. Step left to left side. Rock back on right. Recover onto left. | Quarter Half Quarter Touch Chasse Left Rock Back | Turning right <br> Left <br> On the spot |
| $\begin{gathered} \text { Tag } 1 \\ 1-4 \end{gathered}$ | Wall 4 (after Count 24, end of Section 3): Knee Bends Bend right knee inward. Bend left knee inward. Bend right knee inward. Hold. Then Restart the dance. | Knee Bends | On the spot |
| $\begin{aligned} & \text { Tag } 2 \\ & 1-4 \end{aligned}$ | Wall 8 (after Count 40, end of Section 5): Hip Bumps Bump hips to right twice. Bumps hips to left twice. Then Restart the dance. | Hip Bumps | On the spot |
| $\begin{aligned} & \text { Tag } 3 \\ & 1-2 \\ & 3-4 \\ & 5-6 \\ & 7-8 \\ & 9-12 \end{aligned}$ | End of Wall 9: Monterey $1 / 4$ Turn, Step, Side, Hold x 2, \& Jump x 2, Clap, Hold Touch right out to right side. Make $1 / 4$ turn right and step right beside left. Touch left to left side. Step left beside right. <br> Step right forward to right diagonal. Step left to left side. Hold (right hand to right hip). Hold (left hand to left hip). Jump forward. Jump forward. Clap. Hold. | Touch Turn <br> Touch Together <br> Step Side <br> Hold Hold <br> Jumps Clap Hold | Turning right <br> Forward On the spot Forward |

Choreographed by: Rob Fowler (Spain) November 2011
Choreographed to: 'Footloose' by Blake Shelton from CD Footloose (Music From The Motion Picture); also available as download from amazon.co.uk or iTunes (start on vocals)
Restarts/Tags: Restart (Wall 6); 2 Restarts after Tags (Walls 4 \& 8); Tag end of Wall 9


Approved by:
Qu In Another Life

| 2 WALL - 64 COUNTS - INTERMED/ATE |  |  |  |
| :---: | :---: | :---: | :---: |
| STEPS | ACTUAL FOOTWORK | CAlLING SUGGESTION | DIRECTION |
| $\begin{gathered} \hline \text { Section } 1 \\ 1-4 \\ 5-6 \\ 7-8 \end{gathered}$ | Walk, Step, Pivot $1 / 2$ Turn, Monterey $1 / 4$ Turn <br> Walk forward right. Step left forward. Pivot 1/2 turn right. Step left forward. (6:00) Point right to right side. Make $1 / 4$ turn right stepping right beside left. (9:00) Point left to left side. Step left beside right. | Walk Step Pivot Step <br> Point Quarter <br> Point Together | Turing right <br> On the spot |
| $\begin{gathered} \text { Section } 2 \\ 1-2 \\ 3 \\ 4-6 \\ 7-8 \end{gathered}$ | Forward Rock, $1 / 4$ Turn, Weave, Side Rock Rock forward on right. Recover onto left. Make $1 / 4$ turn right stepping right to right side. (12:00) Cross left over right. Step right to right side. Cross left behind right. Rock right to right side. Recover onto left. | Rock Forward Quarter Cross Side Behind Side Rock | On the spot Turning right Right On the spot |
| Section 3 <br> 1 \& 2 <br> 3-4 <br> 5 \& 6 <br> 7-8 | Coaster 1/4 Turn, Toe Strut, Kick Ball Step, Step, Touch <br> Make $1 / 4$ turn right stepping right back. Step left beside right. Step right forward. <br> Step left toe forward. Drop left heel taking weight. (3:00) <br> Kick right forward. Step right beside left. Step left slightly forward. <br> Step right forward. Touch left toe behind right. | Coaster Turn Toe Strut Kick Ball Step Step Touch | Turning right Forward |
| $\begin{gathered} \text { Section } 4 \\ 1 \& 2 \\ 3 \& 4 \\ 5 \\ 6-8 \\ \text { Restart } \end{gathered}$ | Shuffle Back x 2, 1/2 Turn, Step, Pivot 1/4, Cross <br> Step left back. Close right beside left. Step left back. <br> Step right back. Close left beside right. Step right back. <br> Make 1/2 turn left stepping left forward. (9:00) <br> Step right forward. Pivot $1 / 4$ turn left. Cross right over left. (6:00) <br> Wall 5: (facing 6:00) Replace count 8 (Cross) with Hold and begin dance again. | Shuffle Back <br> Shuffle Back <br> Half <br> Step Quarter Cross | Back <br> Turning left |
| $\begin{gathered} \text { Section } 5 \\ 1-2 \\ 3-4 \\ 5-6 \\ 7 \& 8 \end{gathered}$ | Point, Cross, Point, Cross, Back, Side, Cross Shuffle <br> Point left to left side. Cross left over right. <br> Point right to right side. Cross right over left. <br> Step left back. Step right to right side. <br> Cross left over right. Step right to right side. Cross left over right. | Point Cross Point Cross Back Side Cross Shuffle | Forward <br> Right |
| $\begin{gathered} \text { Section } 6 \\ 1-2 \\ 3-4 \\ 5 \& 6 \\ 7 \& 8 \end{gathered}$ | Side, Swivel 1/4 Turn, Back Rock, Shuffle 1/2 Turn, Coaster Cross <br> Step right to right side. Swivel heels right making $1 / 4$ turn left (weight on right). <br> Rock back on left. Recover onto right. (3:00) <br> Shuffle $1 / 2$ turn right, stepping - left to side, right beside left, left back. <br> Step right back. Step left beside right. Cross right over left. (9:00) | Side Swivel Rock Back Shuffle Half Coaster Cross | Turning left On the spot Turning right On the spot |
| $\begin{gathered} \text { Section } 7 \\ 1-2 \\ 3-4 \\ 5 \& 6 \\ 7-8 \end{gathered}$ | Side, Swivel 1/4 Turn, Back Rock, Shuffle 1/2 Turn, Back Rock <br> Step left to left side. Swivel heels left making $1 / 4$ turn right (weight on left). <br> Rock back on right. Recover onto left. (12:00) <br> Shuffle $1 / 2$ turn left, stepping - right to side, left beside right, right back. <br> Rock back on left. Recover onto right. (6:00) | Side Swivel Rock Back Shuffle Half Rock Back | Turning right On the spot Turning left On the spot |
| $\begin{gathered} \text { Section } 8 \\ 1-2 \\ 3-4 \\ 5-6 \\ 7-8 \end{gathered}$ | Toe Struts Full Turn, Forward Rock, Back, Touch <br> Turn $1 / 4$ right stepping left toe to left side. Turn $1 / 4$ right dropping left heel. (12:00) Turn 1/4 right stepping right toe to right side. Turn $1 / 4$ right dropping right heel. Rock forward on left. Recover onto right. (6:00) <br> Step left back. Touch right toe beside left. | Turn Strut <br> Turn Strut Rock Forward Back Touch | Turning right <br> On the spot Back |
| $\begin{gathered} \mathrm{Tag} \\ 1-4 \end{gathered}$ | (End of Wall 2) Hip Bumps <br> Bump hips - right, left, right, left - then begin dance again. |  |  |

Choreographed by: Malene Jakobsen (DK) November 2011
Choreographed to: ‘The One That Got Away’ by Katy Perry (140 bpm) from CD Teenage Dream; also available as download (clean version) from amazon.co.uk or iTunes ( 8 count intro)
Tag/Restart: One easy Tag after Wall 2, one Restart during Wall 5

Approved by:


Case Of Love

| 4 WALL - 64 COUNTS - INTERMED/ATE |  |  |  |
| :---: | :---: | :---: | :---: |
| STEPS | ACTUAL FOOTwORK | CALLING SugGestion | DIRECTION |
| $\begin{gathered} \text { Section } 1 \\ 1 \\ 2 \\ 3 \\ 4 \\ 5-8 \end{gathered}$ | Dwight Swivels Right, Right Scissor Step, Hold <br> Swivel left heel to right, touching right toe beside left. <br> Swivel left toe to right, touching right heel diagonally forward right. <br> Swivel left heel to right, touching right toe beside left. <br> Swivel left toe to right, touching right heel diagonally forward right. <br> Step right to right side. Close left beside right. Cross step right over left. Hold. | Toe <br> Heel <br> Toe <br> Heel <br> Right Scissor Hold | Right <br> On the spot |
| $\begin{gathered} \text { Section } 2 \\ 1-2 \\ 3-4 \\ 5-6 \\ 7-8 \end{gathered}$ | Side, Together, Step, Touch, Side, Together, Step, Scuff Step left to left side. Close right beside left. Step left forward. Touch right beside left. Step right to right side. Close left beside right. Step right forward. Scuff left forward. | Side Together <br> Step Touch <br> Side Together <br> Step Scuff | Left <br> Forward <br> Right <br> Forward |
| $\begin{gathered} \text { Section } 3 \\ 1-2 \\ 3-4 \\ 5-6 \\ 7-8 \end{gathered}$ | Step, Pivot 1/4 Turn, Weave, Cross Rock <br> Step left forward. Pivot $1 / 4$ turn right. <br> Cross step left over right. Step right to right side. <br> Cross left behind right. Step right to right side. <br> Cross rock left over right. Recover onto right. (3:00) | Step Quarter Cross Side Behind Side Cross Rock | Turning right Right <br> On the spot |
| $\begin{gathered} \text { Section } 4 \\ 1-2 \\ 3-4 \\ 5-8 \end{gathered}$ | Side, Drag, Back Rock, Run Forward x 3, Hold <br> Step left long step to left side. Drag right towards left (weight on left). Rock back on right. Recover onto left. <br> Run forward, stepping - right, left, right. Hold. | Side Drag <br> Rock Back <br> Run Run Run Hold | Left <br> On the spot Forward |
| $\begin{gathered} \text { Section } 5 \\ 1-4 \\ 5-6 \\ 7-8 \end{gathered}$ | Step, Pivot 1/2 Turn, Step, Hold, Toe Strut 1/2 Turn x 2 <br> Step left forward. Pivot $1 / 2$ turn right. Step left forward. Hold. <br> Make $1 / 2$ turn left stepping back on right toe. Drop right heel taking weight. <br> Make 1/2 turn left stepping forward on left toe. Drop left heel taking weight. (9:00) | Step Pivot Step Hold <br> Turn Strut <br> Turn Strut | Turning right Turning left |
| $\begin{gathered} \text { Section } 6 \\ 1-4 \\ 5-6 \\ 7-8 \end{gathered}$ | Rocking Chair, Step, Hold, Step, Pivot 1/2 Turn <br> Rock forward on right. Recover onto left. Rock back on right. Recover onto left. <br> Step right forward. Hold. <br> Step left forward. Pivot 1/2 turn right. (3:00) | Rocking Chair <br> Step Hold <br> Step Pivot | On the spot <br> Forward <br> Turning right |
| $\begin{gathered} \text { Section } 7 \\ 1-2 \\ 3-4 \\ 5-6 \\ 7-8 \end{gathered}$ | Heel Grind Forward x 2, Forward Rock, Back, Hitch <br> Dig left heel forward, toes pointing right. Grind heel fanning toes left, weight on left. Dig right heel forward, toes pointing left. Grind heel fanning toes right, weight on right. Rock forward on left. Recover onto right. <br> Step left back. Hitch right knee. | Heel Grind Heel Grind Rock Back Back Hitch | Forward <br> On the spot Back |
| $\begin{gathered} \text { Section } 8 \\ 1-2 \\ 3-4 \\ 5-6 \\ 7-8 \end{gathered}$ | Back, Hook, Step, Scuff, Jazz Box Cross <br> Step right back. Hook left heel across right shin. <br> Step left forward. Scuff right forward. <br> Cross step right over left. Step left back. <br> Step right to right side. Cross step left over right. (3:00) | Back Hook <br> Step Scuff <br> Cross Back <br> Side Cross | Back <br> Forward <br> Left <br> Right |

Choreographed by: Robbie McGowan-Hickie (UK) November 2011
Choreographed to: 'Case Of Love' by Jessie Farrell ( 166 bpm) from CD Love Letter; also available as download from iTunes (16 count intro from main beat)

A video clip of this dance is available at www.linedancermagazine.com




Choreographed by: Nicola Lafferty (UK) October 2011
Choreographed to: 'I See You' by Raul Malo from CD Today; also available as download from amazon.co.uk or iTunes ( 32 count intro)



This is a great value for money, versatile and stylish dance sneaker from one of the UK's leading dancewear manufacturers.
Colour : Black or Black \& Pink UK Size : I - I2

BIOCH
Amalgam
Impact


BIOCH


One of the worlds most popular dance trainers the Boost sneaker is designed to support you during the toughest dance sessions.
Colour : Black, Pink, Black \& Silver
so538
MEMBERSPRICE
 UK Size : I - I3


New this year the Wave sneaker uses Bloch's many years of experience in design and fashion to give you a revolution in dance foot wear.
so523
MEMBERSPRIGE ع30.95
Colour : Black, Purple, Graphite,
Silver, Blue Multi, Purple Multi
UK Size : I - I0.5



Dear Sho,
As instructors of Line dance, we have to multitask with the music/computer equipment, deliver ever more complicated lesson plans and time manage. Do we take our eye off the ball with what is happening in class?

Do we realise that how we treat our dancers has a physical and emotional impact. Also, when dances taught that are unsuitable for levels of ability, music too fast, skills not taught etc, do we treat our dancers equally? Do we allow damaging comments or bullying to go on in our classes?

The old adage of 'treat others as you would like to be treated', is so very true and why does this not always happen?

Thanks
Mo

ADear Mo

How dance teachers behave in a dance class impacts on the learning experience. Most dance teaching societies these days require members to uphold a professional code of practice or ethics. And within these codes will be codes of conduct - how teachers should behave or conduct themselves. And this is what we need to explore.

One role of codes is to guide professional practice. And in order to do this it is helpful if we give some thought to the qualities we expect to find in a professional. Dance teachers are after all part of the dance profession. You may think of typical professionals as doctors, accountants or lawyers and this is fine. We can learn a lot from how they are expected to conduct themselves professionally and then consider it for dance teachers.

Having a trustworthy relationship is very important when we use the services of a professional. For example, we expect doctors to aim at the patient's good or do what is best for us whether we ask them to or not. We also expect our doctor to be competent and to have the appropriate knowledge and skills. We also want to be able to rely on his/ her judgement otherwise we are not likely to carry on with any treatment or medication given. From this we can see that a professional needs to have a strong sense of responsibility that is first and foremost concerned with the client (or patient).

If we think about this in the context of dance teaching we can see that the dancer's welfare is vital. When we teach people to dance there are some essential things that we can do to offer and maintain a professional service to our dancers. Just like the doctor example above we can aim our teaching for our dancers' good. We can plan our
teaching to consider the level of abilities of all of our dancers in the class and teach any dance content in line with their pace of learning and performance. We can also aim to provide an environment suitable for the learning of social Line dancing skills. And just as we expect a doctor to be competent dancers should expect their dance teachers to be competent. There are many ways that we can ensure that we are competent Line dance teachers. We can participate in regular training and development to keep our knowledge and skills up to date so that we know our stuff. Just as we see new Line dances being released there are also new ideas about teaching and learning that can benefit how we teach. When we pay attention to all our professional responsibilities then our dancers should be able to rely on our judgement as teachers of Line dancing. And we should have the professional skills to enable us to look after the dancers in our classes.

Sho Botham is a dance and health education consultant and regularly provides advice regarding safe dance practice and general health education.
Ask Sho is your chance to get all your questions answered with the benefit of Sho's knowledge and experience.
If you have a question, send your email to asksho@decodanz.co.uk or write to: Sho Botham, Decodanz, Archer House, Britland Estate, Northbourne Road, Eastbourne, East Sussex BN22 8PW.


[^0]:    Choreographed by: Peter Jones \& Anna Lockwood (UK) October 2011
    Choreographed to: 'I Just Want A Lover' by Will Young ( 108 bpm ) from CD Echoes; also available as download from amazon.co.uk or iTunes (start on vocals "I Just Want A Lover' after 8 counts)

