

THEPage



Approved by:



Lonely Man

4 WALL – 48 COUNTS – INTERMEDIATE			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
Section 1 1 & 2 3 4 & 5 6 7 & 8	Kick Ball Step, Pivot 1/2, Coaster Step, Step, 1/4 Point, Switch Point Kick right forward. Step right beside left. Step left forward. Pivot 1/2 turn right, keeping weight on left. Step right back. Step left beside right. Step right forward. Step left forward. Turn 1/4 left pointing right to right side. Step right beside left. Point left to left side.	Kick Ball Step Pivot Coaster Step Step Turn & Point	On the spot Turning right On the spot Forward Turning left
Section 2 1 & 2 3 & 4 5 - 6 7 & 8	Sailor Step, 1/4 Sailor Step, Forward Rock, Triple Full Turn Cross left behind right. Step right to right side. Step left to place. Turn 1/4 right stepping right behind left. Step left to side. Step right to right side. Rock forward on left. Recover onto right. Triple step full turn left, stepping - left, right, left.	Left Sailor Quarter Sailor Rock Forward Triple Full Turn	On the spot Turning right On the spot Turning left
Section 3 1 - 2 3 & 4 5 - 6 7 & 8	Side, Together, Chasse 1/4 Turn, Step, Pivot 1/4, Behind Side Cross Step right to right side. Step left beside right. Step right to right side. Close left beside right. Step right 1/4 turn right. Step left forward. Pivot 1/4 turn right. Cross left behind right. Step right to right side. Cross left over right.	Side Together Chasse Quarter Step Pivot Behind Side Cross	Right Turning right Right
Section 4 1 2 3 & 4 5 6 7 & 8	2 Prissy Walks, 1/4 Turn, Side, Cross (x 2) 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 Walk Quarter Side Cross Walk Walk Quarter Side Cross	Forward Turning left Forward Turning right
Section 5 1 - 2 3 & 4 5 - 6 7 & 8	Sway, Sway, Chasse 1/4 Turn, Forward Rock, Triple 1 1/2 Turn 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. Rock forward on left. Recover onto right. 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 Chasse Quarter Rock Forward Full Turn Half	On the spot Turning right On the spot Turning left
Section 6 1 - 2 3 - 4 5 & 6 7 & 8	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 Rock Back Shuffle Half Coaster Step	Back On the spot Turning left On the spot
Tag 1 & 2 3 & 4	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

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)

Tag: One easy Tag, danced after Wall 2







Approved by:



Footloose

4 WALL – 48 COUNTS – INTERMEDIATE			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
Section 1 1 - 2 3 - 4 5 - 6 7 - 8	Grapevine 1/4 Turn, Brush, 1/4 Turn, Heel Swivels, Kick Step right to right side. Cross left behind right. Turn 1/4 right and step right to side. Brush left forward. Turn 1/4 right, both feet together, twisting heels left. Twist toes left. Twist heels left. Kick right forward to right diagonal.	Side Behind Quarter Brush Quarter Swivel Swivel Kick	Right Turning right On the spot
Section 2 1 - 2 3 - 4 5 - 6 7 - 8	Back Rock, Grapevine Cross, Touch, 1/4 Turn Rock back on right. Recover onto left. Step right to right side. Cross left behind right. Step right to right side. Cross left over right. 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 Turning right
Section 3 1 - 2 3 - 4 5 - 8 Tag 1/Restart	Kick, Jazz Box, Knee Bends With Holds Kick left forward to left diagonal. Cross left over right. Step right back. Step left to left side. Bend right knee inward. Hold. Bend left knee inward. Hold. Wall 4: Dance Tag 1 (4-count knee bends) then Restart dance from beginning.	Kick Cross Back Side Knee Hold Knee Hold	On the spot
Section 4 1 & 2 3 - 4 5 6 7 - 8	Kick Ball Change, Toe Strut, Knee Rolls, Kick Kick right forward. Step right beside left. Step onto left in place. Step right toe forward. Drop right heel taking weight. Step left small step forward, rolling left knee to left. Step right small step forward, rolling right knee to right. Step left small step forward, rolling left knee to left. Kick right forward.	Kick Ball Change Toe Strut Knee Knee Knee Kick	On the spot Forward
Section 5 1 - 2 3 - 4 5 - 6 7 - 8 Restart Tag 2/Restart	Diagonal Step Back, Touch With Clap (x 4) 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. Step left back to left diagonal. Touch right beside left and clap. Wall 6: Restart dance from beginning at this point. Wall 8: Dance Tag 2 (4-count hip bumps) then Restart dance from beginning.	Back Touch Back Touch Back Touch Back Touch	Back
Section 6 1 - 2 3 - 4 5 & 6 7 - 8	Full Rolling Turn With Touch, Chasse, Back Rock 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 Left On the spot
Tag 1 1– 4	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
Tag 2 1 – 4	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
Tag 3 1 - 2 3 - 4 5 - 6 7 - 8 9 - 12	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. 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 Touch Together Step Side Hold Hold Jumps Clap Hold	Turning right 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





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Approved by:



In Another Life

2 WALL – 64 COUNTS – INTERMEDIATE			
STEPS	Actual Footwork	CALLING SUGGESTION	DIRECTION
Section 1 1 - 4 5 - 6 7 - 8	Walk, Step, Pivot 1/2 Turn, Monterey 1/4 Turn 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 Point Quarter Point Together	Turing right On the spot
Section 2 1 - 2 3 4 - 6 7 - 8	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 1 & 2 3 - 4 5 & 6 7-8	Coaster 1/4 Turn, Toe Strut, Kick Ball Step, Step, Touch Make 1/4 turn right stepping right back. Step left beside right. Step right forward. Step left toe forward. Drop left heel taking weight. (3:00) Kick right forward. Step right beside left. Step left slightly forward. Step right forward. Touch left toe behind right.	Coaster Turn Toe Strut Kick Ball Step Step Touch	Turning right Forward
Section 4 1 & 2 3 & 4 5 6 - 8 Restart	Shuffle Back x 2, 1/2 Turn, Step, Pivot 1/4, Cross Step left back. Close right beside left. Step left back. Step right back. Close left beside right. Step right back. Make 1/2 turn left stepping left forward. (9:00) Step right forward. Pivot 1/4 turn left. Cross right over left. (6:00) Wall 5: (facing 6:00) Replace count 8 (Cross) with Hold and begin dance again.	Shuffle Back Shuffle Back Half Step Quarter Cross	Back Turning left
Section 5 1 - 2 3 - 4 5 - 6 7 & 8	Point, Cross, Point, Cross, Back, Side, Cross Shuffle Point left to left side. Cross left over right. Point right to right side. Cross right over left. Step left back. Step right to right side. Cross left over right. Step right to right side.	Point Cross Point Cross Back Side Cross Shuffle	Forward Right
Section 6 1 - 2 3 - 4 5 & 6 7 & 8	Side, Swivel 1/4 Turn, Back Rock, Shuffle 1/2 Turn, Coaster Cross Step right to right side. Swivel heels right making 1/4 turn left (weight on right). Rock back on left. Recover onto right. (3:00) Shuffle 1/2 turn right, stepping - left to side, right beside left, left back. 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
Section 7 1 - 2 3 - 4 5 & 6 7 - 8	Side, Swivel 1/4 Turn, Back Rock, Shuffle 1/2 Turn, Back Rock Step left to left side. Swivel heels left making 1/4 turn right (weight on left). Rock back on right. Recover onto left. (12:00) Shuffle 1/2 turn left, stepping - right to side, left beside right, right back. 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
Section 8 1 - 2 3 - 4 5 - 6 7 - 8	Toe Struts Full Turn, Forward Rock, Back, Touch 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) Step left back. Touch right toe beside left.	Turn Strut Turn Strut Rock Forward Back Touch	Turning right On the spot Back
Tag 1– 4	(End of Wall 2) Hip Bumps 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





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Approved by:



Case Of Love

4 WALL – 64 COUNTS – INTERMEDIATE			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
Section 1 1 2 3 4 5-8	Dwight Swivels Right, Right Scissor Step, Hold Swivel left heel to right, touching right toe beside left. Swivel left toe to right, touching right heel diagonally forward right. Swivel left heel to right, touching right toe beside left. Swivel left toe to right, touching right heel diagonally forward right. Step right to right side. Close left beside right. Cross step right over left. Hold.	Toe Heel Toe Heel Right Scissor Hold	Right On the spot
Section 2 1 - 2 3 - 4 5 - 6 7 - 8	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 Step Touch Side Together Step Scuff	Left Forward Right Forward
Section 3 1 - 2 3 - 4 5 - 6 7 - 8	Step, Pivot 1/4 Turn, Weave, Cross Rock Step left forward. Pivot 1/4 turn right. Cross step left over right. Step right to right side. Cross left behind right. Step right to right side. Cross rock left over right. Recover onto right. (3:00)	Step Quarter Cross Side Behind Side Cross Rock	Turning right Right On the spot
Section 4 1 - 2 3 - 4 5 - 8	Side, Drag, Back Rock, Run Forward x 3, Hold Step left long step to left side. Drag right towards left (weight on left). Rock back on right. Recover onto left. Run forward, stepping - right, left, right. Hold.	Side Drag Rock Back Run Run Hold	Left On the spot Forward
Section 5 1 - 4 5 - 6 7 - 8	Step, Pivot 1/2 Turn, Step, Hold, Toe Strut 1/2 Turn x 2 Step left forward. Pivot 1/2 turn right. Step left forward. Hold. Make 1/2 turn left stepping back on right toe. Drop right heel taking weight. Make 1/2 turn left stepping forward on left toe. Drop left heel taking weight. (9:00)	Step Pivot Step Hold Turn Strut Turn Strut	Turning right Turning left
Section 6 1 - 4 5 - 6 7 - 8	Rocking Chair, Step, Hold, Step, Pivot 1/2 Turn Rock forward on right. Recover onto left. Rock back on right. Recover onto left. Step right forward. Hold. Step left forward. Pivot 1/2 turn right. (3:00)	Rocking Chair Step Hold Step Pivot	On the spot Forward Turning right
Section 7 1 - 2 3 - 4 5 - 6 7 - 8	Heel Grind Forward x 2, Forward Rock, Back, Hitch 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. Step left back. Hitch right knee.	Heel Grind Heel Grind Rock Back Back Hitch	Forward On the spot Back
Section 8 1 - 2 3 - 4 5 - 6 7 - 8	Back, Hook, Step, Scuff, Jazz Box Cross Step right back. Hook left heel across right shin. Step left forward. Scuff right forward. Cross step right over left. Step left back. Step right to right side. Cross step left over right. (3:00)	Back Hook Step Scuff Cross Back Side Cross	Back Forward Left 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)

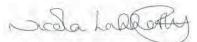




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Approved by:



I See You

4 WALL – 32 COUNTS – ADVANCED			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
Section 1	Side, Syncopated Rocks, Drag, Hold, Ball Step		
1	Step right to right side.	Side	Right
2 &	Rock left forward to right diagonal. Recover onto right.	Rock &	On the spot
3 &	Rock left back to left diagonal. Recover onto right.	Rock &	
4 &	Rock left forward to right diagonal. Recover onto right.	Rock &	
5 – 6	Angling body to right diagonal, step left large step back to left diagonal. Hold.	Drag Hold	Back
& 7	Step right beside left. Step left forward to right diagonal.	Ball Step	Forward
Section 2	Lock Step Forward, Turning Cha Cha Basics, Touch Steps		
8 & 1	(To right diagonal) Step right forward. Lock left behind right. Step right forward.	Right Lock Right	Forward
2 & 3	Turning 1/8 right Step left beside right. Step right in place. Step left to side. (3:00)	Cha Cha Cha	Turning right
4 & 5	Step right beside left. Step left in place. Make 1/4 turn right stepping right to side.	Cha Cha Quarter	
6 & 7	Touch left beside right. Step left to left side. Touch right beside left. (6:00)	Touch & Touch	On the spot
Section 3	Ball Change, Syncopated Lock Steps, Walk Forward x 3, Step, Pivot 1/2		
8 &	Step ball of right behind left. Turning to right diagonal (7:30) step left in place.	Ball Change	On the spot
1 &	(To right diagonal, 7:30) Step right forward. Lock left behind right.	Right Lock	Forward
2 &	(To right diagonal, 7:30) Step right forward. Lock left behind right.	Right Lock	
3 – 5	(To right diagonal, 7:30) Walk forward - right, left, right.	Right Left Right	
6	(Facing 7:30) Step left forward.	Step	
7	Pivot 1/2 turn right, keeping weight back on left. (1:30)	Pivot	Turning right
Section 4	Syncopated Rocks, Diagonal Walk x 4, Spiral Turn		
8 &	Rock ball of right behind left (5th position, facing 1:30). Recover onto left.	Rock &	On the spot
1 &	Rock ball of right over left (5th position, facing 12:00). Recover onto left.	Rock &	
2 &	Rock ball of right behind left (5th positiion, facing $1:30$). Recover onto left.	Rock &	
3 &	Rock ball of right over left (5th position, facing 12:00). Recover onto left.	Rock &	
4 &	Rock ball of right behind left (5th position, facing 1:30). Recover onto left.	Rock &	
5 – 8	Facing right diagonal (1:30) Walk forward - right, left, right, left.	Right Left Right Left	Forward
&	Spiral turn 5/8 turn to right (finish facing 9:00).	Spiral	Turning right

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)



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Ask Sho



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 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 athios.

Dear Mo

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.

www.linedancermagazine.com