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55 Ford<br>IMPROVER<br>64 Count 2 Walls<br>Choreographed by: Debbie Ellis<br>Choreographed to: 55 Ford by The Refreshments

| 1 | Struts Diagonally Forward |
| :---: | :---: |
| 1-2 | Touch Right toe forward, put weight down on to Right foot. |
| 3-4 | Cross touch Left toe over Right, put weight down on to Left foot. |
| 5-6 | Touch Right toe forward, put weight down on to Right foot. |
| 7-8 | Cross touch Left toe over Right, put weight down on to Left foot. |
| 2 | Kick, Kick, Toe Struts Diagonally Back |
| 1-2 | Kick Right forward twice (straighten up to front wall) |
| 3-4 | Touch Right toe back, put weight down on to Right foot. (angling body to right diagonal) |
| 5-6 | Cross touch Left toe over Right, put weight down on to Left foot. |
| 7-8 | Touch Right toe back, put weight down on to Right foot. |
| 3 | Side, Touch, Side, Touch, Chasse Left |
| 1-2 | Step Left to Left side, touch right beside Left. ( Clap) (Straighten up to front wall) |
| 3-4 | Step Right to Right side, touch Left beside Right. (Clap) |
| 5-8 | Step Left to Left side, close Right beside Left, step Left to Left side, touch Right beside Left. |
| 4 | Side, Touch, Side, Touch, Chasse Right |
| 1-2 | Step Right to Right side, touch Left beside Right. (Clap) |
| 3-4 | Step Left to Left side, touch Right beside Left. (Clap) |
| 5-8 | Step right to Right side, close Left beside Right, step Right to Right side, touch Left beside Right. |
| 5 | Slow Jazz box making Â1/4 Turn Left |
| 1-2 | Cross Left over Right, HOLD (optional click of fingers to Left side). |
| 3-4 | Step Right back, HOLD ( Optional click of fingers to Right side). |
| 5-6 | Step Left to Left side making a $1 / 4$ turn Left, HOLD. |
| 7-8 | Stomp Right beside Left, HOLD. |
| 6 | Toe, Heel, Toe, Kick, Behind, Side, Cross |
|  | (counts 1-4 are Dwight steps and they should travel slightly to the Right). |
| 1-2 | Touch Right toe next to Left, ( knee turned in), Touch Right heel next to Left, ( knee turned out). |
| 3-4 | Touch Right toe next to Left ( knee turned in), kick Right to Right diagonal. |
| 5-8 | Step Right behind Left, step Left to Left side, cross Right over Left, HOLD. |
| 7 | Diagonal Lock Step Forward, Hold, Diagonal Lock Step Forward, Hold |
| 1-4 | Step Left diagonally forward, lock Right behind Left, step Left diagonally forward, HOLD. |
| 5-8 | Step Right diagonally forward, lock Left behind Right, step Right diagonally forward, HOLD. |
| 8 | Mambo Â1/4 Turn, Hitch, Turn, Hitch, Turn, Touch. |
| 1-2 | Rock forward on Left, Recover on Right |
| 3-4 | Step Left to Left side making a $1 / 4$ turn Left, hitch Right. |
| 5-6 | Make a $1 / 2$ turn Left stepping Right to side, hitch Left. |
| 7-8 | Make a $1 / 2$ turn Left stepping Left to side, touch Right next to Left. |
|  | Start Again and have fun xx |

1-
3-4
5-6
7-8

Start Again and have fun xx

