



**STEPPIN'OFF** 

Approved by:

THEPage

## And Full & Your Mama Don't Dance

2 WALL – 48 COUNTS – IMPROVER			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
<b>Section 1</b> 1 - 2 3 - 4 5 - 6 7 - 8	<b>Forward Diagonal Lock Step, Brush (x 2)</b> Step right forward to right diagonal. Lock left behind right. Step right forward to right diagonal. Brush left to left diagonal. Step left forward to left diagonal. Lock right behind left. Step left forward to left diagonal. Brush right forward.	Right Lock Right Brush Left Lock Left Brush	Forward
<b>Section 2</b> 1 - 2 3 - 4 5 - 6 7 - 8	<b>Grapevine, Brush, Grapevine 1/4 Turn, Brush</b> Step right to right side. Cross left behind right. Step right to right side. Brush left forward. Step left to left side. Cross right behind left. Step left 1/4 turn left. Brush right forward.	Side Behind Side Brush Side Behind Turn Brush	Right Left Turning left
Section 3 1 - 2 3 - 4 Option 5 - 6 7 - 8	<b>Step, Pivot 1/2, Step, Pivot 1/2, Rocking Chair</b> Step right forward. Pivot 1/2 turn left. Step right forward. Pivot 1/2 turn left. Replace counts 1 - 4 with right rocking chair. Rock forward on right. Recover onto left. Rock back on right. Recover onto left.	Step Pivot Step Pivot Forward Rock Back Rock	Turning left On the spot
<b>Section 4</b> 1 - 2 3 - 4 5 - 6 7 - 8	Forward Diagonal Lock Step, Brush, Lock Step 1/4 Turn, Brush Step right forward to right diagonal. Lock left behind right. Step right forward to right diagonal. Brush left to left diagonal. Step left forward to left diagonal. Lock right behind left. Step left 1/4 turn left. Brush right forward.	Right Lock Right Brush Left Lock Turn Brush	Forward Turning left
<b>Section 5</b> 1 - 2 3 - 4 <b>Option</b> 5 - 6 7 - 8	<b>Step, Pivot 1/2, Step, Pivot 1/2, Heel Strut, Side Rock</b> Step right forward. Pivot 1/2 turn left. Step right forward. Pivot 1/2 turn left. Replace counts 1 - 4 with right rocking chair. Step forward on right heel. Drop right toe taking weight. Rock ball of left to left side. Recover onto right.	Step Pivot Step Pivot Heel Strut Left Rock	Turning left Forward On the spot
Section 6 1 - 2 3 - 4 5 - 6 7 - 8 Option	Heel Strut, Side Rock, Step, Pivot 1/2, Step, Pivot 1/2 Step forward on left heel. Drop left toe taking weight. Rock ball of right to right side. Recover onto left. Step right forward. Pivot 1/2 turn left. Step right forward. Pivot 1/2 turn left. Replace counts 5 - 8 with right rocking chair.	Heel Strut Right Rock Step Pivot Step Pivot	Forward On the spot Turning left

Choreographed by: Clare Bull (UK) March 2010



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

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**Ending:** 

Dance ends on count 16: dance the left grapevine without the 1/4 turn OR complete left grapevine 1/4 turn left and swivel 3/4 turn to front.