

A Rhythm And A Tune



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Choreographed by: Kirsty Harpham-Fox (UK) Feb 2025

Choreographed to: Music In My Head by The Vintage Explosion
Intro: 16 Counts. Start at approx 7 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	SIDE, KICK, SIDE, FLICK BEHIND, HIP BUMPS
1-2	Step L to L side, kick R across L (with clap)
3-4	Step R to R side, flick L behind R (with clap)
5-6	Step L to L side bumping hips to L, bump hips to R
7-8	Bump hips to L, bump hips to R (weight on R
SEC 2	SIDE, STEP, STEP, BRUSH, ROCKING CHAIR
1-2	Step L to L side, step R next to L putting weight on R
3-4	Step forward on L, brush R forward
5-6	Rock forward on R, recover weight on L
7-8	Rock back on R, recover weight on L
SEC 3	TOE STRUT FWD, TOE STRUT FWD, SIDE, KICK, SIDE, FLICK BEHIND
1-2	Touch R toes forward, lower R heel and transfer weight on to R
3-4	Touch L toes forward, lower L heel and transfer weight on to L
5-6	Step R to R side, kick L across R (with clap)
7-8	Step L to L side, flick R behind L (with clap
SEC 4	SIDE, BEHIND, ¼ STEP, BRUSH, STEP, PIVOT ½, WALK, WALK
1-2	Step R to R side, step L behind R
3-4	Make 1/4 turn R stepping forward on R, brush L forward (3:00)
5-6	Step forward on L, make ½ turn R (weight forward on R) (9:00)
7-8	Walk forward on L, walk forward on R
Option	Make $1/2$ turn R stepping back on L, make $1/2$ turn R stepping forward on R
Ending	After 28 counts of Wall 10
5-6	Cross L over R, step back on R
7-8	Step L to L side, touch R next to L

