

Dash

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32 Count, 2 Wall, Improver Choreographer: Michele Perron (Can) June 2009 Choreographed to: 100 Yard Dash by Raphael Saadiq; That's How Much You Mean To Me by Hal Ketchum; CD: Simply The Best (114 bpm)

Start dancing on lyrics

SIDE, BREAK/FORWARD, RECOVER/BACK, RIGHT CHA BACK, BREAK/BACK, RIGHT RECOVER/FORWARD, LEFT CHA FORWARD

- 1-2-3 Step left to side, rock right forward, recover to left
- 4&5 Chassé back right, left, right
- 6-7 Rock left back, recover to right
- 8&1 Turn 1/8 right and chassé forward left, right, left (1:30)

RIGHT CHA FORWARD, LEFT CHA FORWARD, BREAK/FORWARD, RECOVER/BACK. &-ROCK-HITCH

This section faces diagonal right (1:30)

- 2&3 Chassé forward right, left, right
- 4&5 Chassé forward left, right, left
- 6-7 Rock right forward, recover to left
- &8-1 Rock right back, recover to left, hitch right knee

BEHIND, TURN, RIGHT CHA FORWARD, FORWARD, TURN, LEFT CHA-CHA TURN

- 2-3 Turn 1/8 left and cross right behind left, turn ¼ left and step left forward (9:00)
- 4&5 Chassé forward right, left, right
- 6-7 Step left forward, turn ½ right (weight to right) (3:00)
- 8&1 Chassé back turning ½ right stepping left, right, left (9:00)

BREAK/BACK. RECOVER/FORWARD, RIGHT CHA FORWARD, BREAK FORWARD, RECOVER/BACK, TURN, TOGETHER

- 2-3 Rock right back, recover to left
- 4&5 Chassé forward right, left, right
- 6-7 Rock left forward, recover to right
- 8& Turn ¼ left and step left to side, step right together (6:00)

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