

Beulah

Michele Perron, DANCE Expressions

Four Wall, 32 Count Line Dance, November 2008

CW Rotation, Intermediate Level

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Sec. I (1- 8) WALK, WALK, &-REPLACE-FORWARD, FORWARD, BACK, TURN, TURN

- 1,2 RIGHT, LEFT Steps forward
&,3,4 RIGHT (Large) Step side R, LEFT Recover/Step side L (in place),
RIGHT Step forward & slightly across front of L (*allow body to 'twist' to diagonal L,R)
5,6 LEFT Lunge/Step forward*; RIGHT Recover/Step back
*Style Option: Right low kick back
7,8 LEFT Step forward with 1/2 Turn L; RIGHT Step back with 1/2 Turn L (12 o'clock)

Sec. II (9-16) TURN, ACROSS-&-BACK; ACROSS-&-BACK; ROCK/FORWARD, ROCK/FORWARD, RECOVER/BACK, TURN

- 1 LEFT Step forward with 1/2 Turn L (6 o'clock)
2&3 RIGHT Step across front of L, LEFT Step back diagonal L, RIGHT Step back diagonal R
4&5 LEFT Step across front of R, RIGHT Step back diagonal R, LEFT Step back and behind R
[face diagonal L, R toe raises back, R heel on floor]
6 RIGHT Rock/Step forward
7,8 LEFT Rock/Step forward diagonal L; RIGHT Recover/Step back (facing diagonal L)
& LEFT Step back with 1/4 Turn R (9 o'clock)

Sec.III (17-24) WALK-WALK, TRIPLE TURN, &-ACROSS-SIDE/LUNGE, RECOVER/SIDE, ACROSS

- 1,2 RIGHT, LEFT Steps forward
3&4 RIGHT Triple with 1/2 Turn L (3 o'clock)
(R Side with 1/4 Turn, L across front of R, R Back with 1/4 Turn)
&,5,6 LEFT Step side with 1/4 Turn L, RIGHT Step across front of L, LEFT Lunge/Step side L (12 o'clock)
(R toe raises back, R heel on floor)
7,8 RIGHT Recover/Step side R (in place); LEFT Step across front of R

Sec.IV (25-32) TRIPLE TURN, ACROSS, BACK, &-ACROSS-BACK, BACK, ACROSS

- 1&2 RIGHT Triple forward with 1/4 Turn R (3 o'clock)
3,4 LEFT Step across front of R; RIGHT Step back diagonal R
&,5,6 LEFT Step back diagonal L, RIGHT Step across front of L, LEFT Step back diagonal L
7,8 RIGHT Step back; LEFT Step back and crossed in front of R *
*Style Option: add R Flick/Kick back (R knee bends)

Begin Again

One Restart: After four rotations, complete Counts 1-16&; the first two sections, restart dance facing 9 o'clock

Music Selection: West Coast Swing – Jazz, Smooth

Sweet Kinda Something

Beulah

100 bpm

CD: Mabel and I

Introduction: 16 Counts

www.beulahmusic.com

Downloads: www.7digital.com/artists/beulah/mabel-and-i/

www.tescodigital.com



micheleperron.com, see video library