

A - B WHIRL



Chorégraphe : Val MYERS - Stanmore, MIDDX, LONDON - ANGLETERRE / Février 2004

LINE Dance : 24 temps - 2 murs

Niveau : **Absolute - Beginner** - débutant

Musique : **Dance, shout ! - WYNONNA - BPM 117**

455 Rocket - Kathy MATTEA - BPM 125

Too much candy for a dime - Eddy RAVEN - BPM 128

If it don't come easy - Tanya TUCKER - BPM 140

Traduit et préparé par Irène COUSIN, Professeur de Danse - 6 / 2014

Chorégraphies en français, site : <http://www.speedirene.com>

Introduction : 16 temps

HEEL, CLAP, TOE, CLAP, 2 x HEEL STRUTS FORWARD

1.2 TOUCH talon D avant - **HOLD + CLAP**

3.4 TOUCH pointe PD arrière - **HOLD + CLAP**

5.6 *HEEL STRUT avant D* : TOUCH talon D avant - *DROP* : abaisser pointe PD au sol

7.8 *HEEL STRUT avant G* : TOUCH talon G avant - *DROP* : abaisser pointe PG au sol

JAZZ BOX x 2

1 à 4 *JAZZ BOX D* : CROSS PD par-dessus PG - pas PG arrière - pas PD de côté - pas PG à côté du PD

5 à 8 *JAZZ BOX D* : CROSS PD par-dessus PG - pas PG arrière - pas PD de côté - pas PG à côté du PD

STEP 1/4 PIVOT LEFT, STOMP, STOMP, STEP 1/4 PIVOT LEFT, STOMP, STOMP

1.2 pas PD avant - 1/4 de tour PIVOT vers G (*appui PG*)

3.4 STOMP-down PD sur place - STOMP-down PG sur place

5.6 pas PD avant - 1/4 de tour PIVOT vers G (*appui PG*)

7.8 STOMP-down PD sur place - STOMP-down PG sur place



A-B Whirl

Choreographed by **Val MYERS** (UK) February 2004

Description : 24 count, 2 wall, Absolute Beginner Line Dance

Music : **Dance ! shout !** by **WYNONNA** (117bpm) (Album: Line Dance Fever 1)

455 Rocket" by Kathy Mattea (125bpm) (The No.1 Line Dancing Album)

- Or any other similar, suitable one-step track.

Intro : 16 counts

SECTION 1 / 1-8 HEEL, CLAP, TOE CLAP, HEEL STRUTS FORWARD X 2.

- 1-2 Touch right heel forward, Clap. - Touch right toe back, Clap.
- 5-6 Step right heel forward, Drop right toe taking weight.
- 7-8 Step left heel forward, Drop left toe taking weight.

SECTION 2 / 9-16 JAZZ BOX X 2.

- 1-2 Cross right over left, Step back left - Step right to right to right side, Step left beside right.
- 5-6 Cross right over left, Step back left.
- 7-8 Step right to right to right side, Step left beside right.

SECTION 3 / 17-24 1/4 PIVOT TURN LEFT, STOMP, STOMP; X 2.

- 1-2 Step forward right, Pivot 1/4 turn left.
- 3-4 Stomp right in place, Stomp left in place.
- 5-6 Step forward right, Pivot 1/4 turn left.
- 3-4 Stomp right in place, Stomp left in place.

NOTE : This dance is intentionally choreographed as an "Absolute Beginners" (A - B) dance. It helps to take A - B's from zero to first base, also hence A - B. It has been carefully designed to use easy steps for A - B's, with the following movement, in turn: On the spot, forward, on the spot, Turn, Turn. It has only TWO walls and TWO turns. N.B. there is a lot (for A - B's) in the dance, due to the complication of the two turns and two wall orientation.

"A - B Whirl" is ideal for situations where non line-dancers may be included.

The turning is the fun bit!

<http://www.vmyers.com/dances.shtml>