

# AM To PM

Count: 48

Wand: 4

Ebene: Advanced

Choreograf/in: Rob Fowler (ES) & Paul McAdam (UK)

Musik: AM to PM - Christina Milian



## MONTEREY, ROCK & CROSS, TURNING FLICK, SWIVELS

- 1-2 Touch right toe to right side, full turn to right on left foot bringing right by left
- 3&4 Rock left to left side, rock onto right, cross step left over right
- &5 Touch right toe to right side,  $\frac{1}{4}$  turn to left on left as you flick right up to rear
- 6 Step forward on right
- 7&8 On balls of feet, swivel heels right left right to make a  $\frac{1}{2}$  turn to the left

## COASTER, KICK, TURNING HITCH, SWITCHES, HEEL TWISTS

- 9&10 Step back on left, right by left, step forward on left
- 11&12& Kick right forward, kick right heel back,  $\frac{1}{4}$  turn to right on left foot and hitch right knee, step right by left
- 13&14 Touch left to left side, step left by right, touch right to right side
- 15&16 Touch right toe forward with heel twisted to left, twist heel to right, twist heel to center

## LOOK DOWN & UP, KICK, COASTER TURN, KICK-CROSS-UNWIND

- &17 Look down, look forward
- 18 Kick right foot forward
- 19&20 Step back on right, step left by right, turn  $\frac{1}{4}$  to right on left foot as right foot steps across in front of it
- &21 Step left to left side, cross step right in front of left
- 22-23 Kick left to left diagonal, cross step left over right
- 24 Unwind  $\frac{3}{4}$  turn to right

## OUT-OUT, KNEE ROLLS, ROLL, TRAVELING APPLEJACKS

- &25 Step back and slightly out on right foot, step left to left side
- 26 Roll right knee in
- 27&28 Roll right knee out, in, out
- 29-30 Step  $\frac{1}{4}$  turn to left on left foot,  $\frac{1}{2}$  turn to left on left stepping back on right
- 31 Make a  $\frac{1}{4}$  turn to left on right foot stepping left to left side with both toes out
- &32& Toes in, out, in as you travel to the left

## TURNING STEPS

- 34-34 Step right diagonally forward,  $\frac{1}{4}$  turn to left as you touch left by right
- 35-36 Step left diagonally back,  $\frac{1}{4}$  turn to left as you touch right by left
- 37-38 Step right diagonally forward,  $\frac{1}{4}$  turn to left as you touch left by right
- 39-40 Step left diagonally back,  $\frac{1}{4}$  turn to left as you touch right by left

## SKATERS, SHUFFLE, ROCK, 1 $\frac{1}{4}$ TURNS

- 41-42 Right skater step traveling slightly forward, left skater step traveling slightly forward
- 43&44 Smooth shuffle to right (right, left, right)
- 45-46 Rock forward left over right, recover onto right
- 47 Make a  $\frac{1}{4}$  turn to left stepping forward on left foot
- 48 Full turn to left on ball of left foot, ending with right by left

## REPEAT

## TAG

Complete dance 4 times. After count 16 on the fifth wall (you will be facing the back) place arms by sides and raise to head height over four beats - then start dance again

#### **FINISH**

You will end the dance facing the back wall, at count 32&. While doing the applejacks put arms to sides and hold elbows to sides with arms out - hands facing forward when your heels are together, hands in and elbows out when toes are together (like the old space invaders!)

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