Centerfold



Count: 70 Wand: 2 Ebene: Intermediate

Choreograf/in: Chris Kumre (USA) - April 2007

Musik: Centerfold - The J. Geils Band



Sequence: A-B-A-B-B-A-B-B(with restart)-B-B-B

PART A

	4 / 1					
STEP. TOUCH	1/4 I	RRUSH	POINT	POINT	& SIDE	TOUCH
OILE. IOOOII	. /4 L.	. DIXUOII.	FOINT.	FOINT.	a oide.	10001

1-2 Step R to R side, touch L next to R

3-4 Step L to L side while making ½ turn L, brush R next to L

5-6 Point R in front of L, point R out to R side

&7-8 Quickly step R next to L, step L to L, touch R next to L

SHUFFLE R, ROCK BACK, ROCK FORWARD & LOCK, ½ R, & FORWARD, ¼ TURN L

1&2 Step R slightly to R, quickly step L next to R, step R slightly to R

3-4 Rock R back slightly behind L, rock forward onto R

&5-6 Quickly step L to L side, lock R behind L, unwind ½ turn R (weight on R) &7-8 Quickly step L forward, step R forward, make ¼ turn L (weight on L)

ROCK FORWARD, ROCK BACK, SHUFFLE R W/ 1/2 R, SAILOR L, SAILOR R W/ 1/2 R

1-2 Rock forward on R, rock back onto L

3&4 Step R back/side while making ¼ turn R, step L next to R, step R to R side

5&6 Step L behind R, quickly step R slightly to R, step L slightly to L

7&8 Step R behind L, quickly step L slightly to L, step R slightly to R while making 1/4 turn R

ROCK FORWARD, ROCK BACK, ½ L SHUFFLE, ROCK FORWARD, ROCK BACK, & CROSS, ¾ R

1-2 Rock forward on L, rock back onto R

3&4 Step L back/side while making ¼ turn L, step R next to L, step L back/side while making ¼

turn L

5-6 Rock forward on R, rock back onto L

&7-8 Quickly step R slightly back, cross L over R, unwind ¾ R keeping weight on L

STEP FORWARD, DRAG, STEP FORWARD, DRAG, ROCK FORWARD, ROCK BACK, & CROSS, ½ R

1-2 Big step R forward, drag L towards R
3-4 Big step L forward, drag R towards L
5-6 Rock forward on R, rock back onto L

&7-8 Quickly step R slightly back, cross L over R, unwind ½ R keeping weight on L

STEP FORWARD, DRAG, STEP FORWARD, DRAG, ROCK FORWARD, ROCK BACK, & CROSS, ¾ R

1-2 Big step R forward, drag L towards R
3-4 Big step L forward, drag R towards L
5-6 Rock forward on R, rock back onto L

&7-8 Quickly step R slightly back, cross L over R, unwind ¾ R keeping weight on L

PART B

STEP, TOUCH, CLAP, ¼ L, CLAP, CLAP, STEP FORWARD, ¼ L, CROSS SHUFFLE

1-2 Step R to R side, touch L next to R & clap hands

3&4 Step L to L side while making ¼ turn L, clap hands twice

5-6 Step R forward, pivot ¼ turn L

7&8 Step R across L, quickly step L to L, step R across L

ROCK L, ROCK BACK, 1/4 L, CROSS & HEEL & CROSS & HEEL & CROSS & HEEL

1-2 Rock L to L side, rock R to R while making ½ turn L *****(see below)

3&4 Cross L over R, quickly step R back to R 45', touch L heel forward at L 45' &5&6 Quickly step L back at L 45', cross R over L, quickly step L back at L 45', touch R heel

forward at R 45'

&7&8 Quickly step R back at R 45', cross L over R, quickly step R back at R 45', touch L heel

forward at L 45'

& ROCK FORWARD, ROCK BACK, & 1/2 R, 1/4 R, CROSS SHUFFLE

&1-2 Quickly step L to center, rock forward on R, rock back on L &3-4 Quickly step R to center, step L forward, pivot ½ turn R

5-6 Step L forward, pivot ¼ turn R

7&8 Step L across R, quickly step R to R, step L across R

POINT, & HEEL, & HEEL, TAP TOE TWICE, ROCK FORWARD, ROCK BACK, & CROSS, ½ R

1&2 Point R to R, quickly step R next to L, touch L heel forward

&3&4 Quickly step L next to R, touch R heel forward, tap R toe next to L twice

5-6 Rock forward on R, rock back onto L

&7-8 Quickly step R slightly back, cross L over R, unwind ½ R keeping weight on L

Start Again? Have Fun!!!

***** RESTART - CROSS L OVER R UNWIND ½ TURN R TO FRONT (SONG WILL COUNT YOU BACK IN RESTART WITH B AND KEEP DOING PART B TILL SONG ENDS.

HAVE FUN SONG TELLS YOU WHAT TO DO HOPEFULLY YOU HAVE FUN WITH IT

Website