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| F250 |  |

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| . | | | | | | |
| **Count:** | 64 | **Wall:** | 2 | **Level:** | Low Intermediate | . |
| **Choreographer:** | Karin van der Merwe (SA) - October 2020 | | | | |
| **Music:** | F250 - Appel | | | | |
| . | | | | | | |

**Notes: Section 8 (counts 57-64) changes after wall 3 for the remainder of the dance {see below}**

**Tag 1: (8 counts after walls 1, 2 and 3)**

**Tag 2: (8 counts after wall 6)**

**[1-8] Toe Heel Cross, Toe Heel Cross, Back Together**

|  |  |
| --- | --- |
| 1,2,3 | (1)Touch R toe in front of LF, (2) touch R Heel in front of LF, (3) cross and step RF over LF |

|  |  |
| --- | --- |
| 4,5,6 | (4) Touch L toe in front of RF, (5) touch L Heel in front of RF, (6) cross and step LF over RF |

|  |  |
| --- | --- |
| 7,8 | (7) Step back on RF, (8) close LF to RF [12:00] |

**[9-16] Step Hold, ½ Turn, RF Jazz Box**

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| --- | --- |
| 1,2,3,4 | (1) Step fwd on RF, (2) Hold, (3) Pivot ½ turn to Left, (4) Hold |

|  |  |
| --- | --- |
| 5,6,7,8, | (5) Cross RF over LF, (6) step back on LF, (7) step side on RF, (8) close LF to RF [6:00] |

**[17-24] ' Kick, Behind, Side, Cross, Toe Strut, Toe Strut**

|  |  |
| --- | --- |
| 1,2,3,4, | (1) Kick RF to R diagonal (4.30), (2) cross RF behind LF, (3) step LF to left side, (4) cross RF over LF |

|  |  |
| --- | --- |
| 5,6,7,8 | (To L diagonal - 7:30) (5) Touch L Toe, (6) drop L heel to floor, (7) Touch R Toe, (8) drop R toe to floor [7:30] |

**[25-32] Side Rock, Recover, Cross, Side, Behind, ¼ , Step ½ Pivot R**

|  |  |
| --- | --- |
| 1,2,3,4 | (1) Rock LF to left side, (2) recover on to RF, (3) cross LF over RF, (4) step RF to R side, |

|  |  |
| --- | --- |
| 5,6,7,8, | (5) cross LF behind RF, (6) turn ¼ turn R stepping fwd on to RF, (7) Step fwd on LF, (8) Pivot ½ turn R [.00] |

**[33-40] Left Lock Step, Brush, RF Rocking Chair**

|  |  |
| --- | --- |
| 1,2,3,4 | (1) Step LF fwd, (2) lock RF behind LF, (3) step LF fwd, (4) brush RF fwd |

|  |  |
| --- | --- |
| 5,6,7,8, | (5) Rock fwd on RF, (6) recover back on LF, (7) rock back on RF, (8) recover fwd on LF [3:00] |

**[41-48] Stomp, Heel, Toe, Heel, Jump Back touch, Jump Back Touch**

|  |  |
| --- | --- |
| 1,2,3,4 | (1) Stomp RF to R diagonal, (2) twist LF Heel, (3) Toe, (4) Heel in to RF |

|  |  |
| --- | --- |
| &5,6 | (&) Jump back to L diagonal on LF, (5) touch RF to LF, (6) Hold, |

|  |  |
| --- | --- |
| &7,8 | (&) Jump back to R diagonal on RF, (7) touch LF to RF, (8) Hold [3:00] |

**[49-56] Side Rock, Behind, Side Rock, Behind, ¼ Turn, Touch**

|  |  |
| --- | --- |
| 1,2,3 | (1) Rock LF to left, (2) recover on to RF, (3) cross LF behind RF, |

|  |  |
| --- | --- |
| 4,5,6, | (4) Rock RF to right, (5) recover on to LF, (6) cross RF behind LF, |

|  |  |
| --- | --- |
| 7,8 | (7) Turn ¼ turn left stepping LF fwd,(8) touch RF next to LF [12:00] |

**[57-64] [Walls 1, 2, 3]**

**¼ Monterey R, Fwd Rock, ½ Turn R, Hold**

|  |  |
| --- | --- |
| 1,2,3,4 | (1) Point RF to right side, (2) turn ¼ turn right stepping RF next to LF (3) Point LF to left side, (4) Step LF next to RF |

|  |  |
| --- | --- |
| 5,6,7,8, | (5) Rock fwd on to RF, (6) recover back on LF, (7) turn ½ R, (8) hold [3:00] |

**[57-64] [Walls 4, 5, 6, 7]**

**¼ Monterey R x 2**

|  |  |
| --- | --- |
| 1,2,3,4 | (1)Point RF to right side, (2) turn ¼ turn right stepping RF next to LF, (3) Point LF to left side, (4) step LF next to RF, |

|  |  |
| --- | --- |
| 5,6,7,8, | Repeat 1 - 4 [6:00] |

**Tag 1 [END OF WALLS 1 (6:00), 2 (12:00), 3 (6:00)**

**¼ Monterey L, Side Step, RF Heel Drag**

|  |  |
| --- | --- |
| 1,2,3,4 | (1) Point LF to left side, (2) turn ¼ turn left stepping LF next to RF, (3) Point RF to right R side, (4) step RF next to LF |

|  |  |
| --- | --- |
| 5,6,7,8 | (5) Step big step left on LF, (6,7,8,) drag R Heel in to LF over 3 counts [6:00] |

**Tag 2: [END OF WALL 6 facing 12:00] Full Tush Roll Anticlockwise**

**(1) Step RF out to R side, Hold your hands as if on either side of the "steering wheel" of the F250 truck and roll your tush around anticlockwise, slowly over 8 counts (spice this up by trying two quicker tush rolls as a variation and feel free to play around with alternative variations to the "hands on the steering wheel" position.**

**Start Again.......**

**Karin van der Merwe - Bootscooters S.A. - karin@bootscooters.co.za**

**Last Update - 1 Nov. 2020**