East Coast Squeeze

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Charlotte Williams (USA)
Music: Squeeze Me In - Garth Brooks & Trisha Yearwood

UNSYNCOPATED TRIPLES WITH TOE TAPS

1-4 Step right to right, step left beside right, step right to right, tap left toe forward at left angle
5-8 Step left to left, step right beside left, step left to left, tap right toe forward at right angle

TURN ONE-FOURTH, HOLD, TURN ONE-HALF, HOLD, ROCK BACK AND FORWARD, HOLD

1-4 Step right to right, turning one-fourth (¼) to right, hold, turn one-half (½) to right, stepping back on left, hold
5-8 Step (rock) back on right, step left in place (recover), step (rock) forward on right, hold

STEP, LOCK, STEP, HOLD, TOE, HEEL, STEP SLIDE

1-4 Step forward on left, step right behind left (lock), step forward on left, hold
5-6 Touch right toe to left instep, touch right heel to left instep
7-8 Long step right to right, slide left next to right (weight remains on right)

OUT-OUT TOE/HEEL STRUTS; IN-IN STEPPING BACK, STEP BACK, TOUCH

1-4 Step out on ball of left (slightly forward), pushing left hip forward at left diagonal, lower left heel; step out on ball of right (slightly forward), pushing right hip forward at right diagonal, lower right heel
5-8 Step in and back on left, step in and back on right, step left back, touch right next to left (with attitude: use a lot of hip and shoulder movement)

Optional hand movements: when stepping left out, touch right hand to left shoulder, when stepping right out, touch left hand to right shoulder, and hug ("squeeze") yourself as you move back

REPEAT

TAG

Only for Garth Brooks' song, "Squeeze Me In":

1-2 Step right out toe-heel
3-4 Step left out toe-heel

This tag is done one time at the beginning of the 4th sequence (facing 3:00 wall.)