### **Midwest Coast**



Count: 32 Wall: 2 Level: Beginner

Choreographer: Jeni Roution & Melissa Reimer

Music: Somebody's Leavin' - Patricia Conroy



## KICK-CROSS-SLIDE, KICK-CROSS-SLIDE, TOUCH FORWARD, TOUCH BACK, 1/4 TURN LEFT, TOUCH RIGHT

1&2	Kick left, cross left over right, slide right back
3&4	Kick right, cross right over left, slide left back

5-6 Touch left in front, touch left in back

7-8 Step left in front, turn 1/4 to the left and touch right next to left

#### KICK DIAGONALS, TOUCH BACK TWICE, 1/2 TURN WITH TWIST STEP FINISH, SIDE ROCK REPLACE

1-2 Kick right across to left diagonal, touch right toe back to right diagonal

3-4 Repeat 1-2

5-6 Twist ½ to the right while shifting weight from left to right You will end with weight on the right with legs crossed, right in front of left

7&8 Rock to left with left foot, shift weight onto right, step left to right

#### HEEL JACK TO THE RIGHT, HEEL JACK TO THE LEFT, DOUBLE HEEL JACK TO THE RIGHT

&1&2 Step right foot back, touch left heel forward to the left, step left next to right, cross right over

left

3&4 Step left foot back, touch right heel forward to the right, step right, cross left over right

&5&6 Step right foot back, touch left heel forward to the left, step left next to right, touch right next

to left

&7&8 Step right foot back, touch left heel forward to the left, step left next to right, touch right next

to left

# TWIST TO RIGHT DIAGONAL, KICK RIGHT TO RIGHT DIAGONAL, TOUCH RIGHT BEHIND, WEIGHT SHIFT LEFT, SYNCOPATED ROCKS TO SIDE AND FRONT/LEFT DIAGONAL, SWEEP, STEP AND DRAG, ¼ TURN

1 Bring feet together and turn slightly right of center, kick right foot to right diagonal

2 Touch right to the back and slightly behind left

3& Side rock right, shift weight left (return to facing center)

4& Front rock with right (in front and slightly across left), shift weight onto left

5-6 Sweep right to side while turning ½ but keep weight on left foot, touch right to closed

You should now be facing 9:00

7 Large step to right dragging left to closed

8 Turn ¼ to the left

Keep left foot un-weighted to start dance again

You should now be facing 6:00

#### REPEAT