

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, ¼ 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 ¼ to the left and touch right next to left

KICK DIAGONALS, TOUCH BACK TWICE, ½ 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