Friday Night Slide

Level:

Choreographer: Alan Souber Rickmansworth (UK)

Music: Fresh Coat of Paint - Lee Roy Parnell

SIDE STEP RIGHT, HOLD, SLIDE LEFT TOGETHER, HOLD (REPEAT)

Wall: 4

Bend knees slightly

Step right to side and hold, slide left up to right, and hold (repeat) 1-8 A shimmy works well here

LEFT WEAVING GRAPEVINE

Count: 60

- 9-10 Step left to side, step right behind
- 11&12 Step left to side & step right across front, step left to side
- You must put your full weight on left, ready to push off to right

SIDE STEP RIGHT, HOLD, SLIDE LEFT TOGETHER, HOLD (REPEAT)

13-20 Repeat 1-8

HEEL SWITCHES RIGHT, LEFT, RIGHT HOLD, HEEL SWITCHES LEFT, RIGHT, LEFT HOLD

- 21-24 Touch right heel forward, left heel, right heel, hold (clap on hold)
- 25-28 Touch left heel forward, right heel, left heel, hold (clap on hold)

LEFT GRAPEVINE, ¼ TURN LEFT, STEP WITH BACK HITCH

- 29-30 Step left to side, cross right behind
- 31-32 Step left to side with a quarter turn to left step right in front, hitching left behind

TOE STRUTS BACK, LEFT RIGHT LEFT RIGHT

- 33-36 Step back onto left toes, heel down, right toes back, heel down
- 37-40 Left toes, heel down, right toes, heel down

4 HIP BUMPS 2 RIGHT, 2 LEFT, 2 HIP GRINDS LEFT

- 41-44 Bump hips two right, two left
- 45-48 Grind hips around to left full circle twice

RIGHT SHUFFLE. LEFT SHUFFLE

49-52 Right shuffle forward, left shuffle forward

CROSS KICK, KICK, SAILOR STEP

- 53-54 Kick right across left, then kick right out to right
- 55&56 Step right behind left & step on left beside right, step on right

CROSS KICK, KICK, SAILOR STEP

- Kick left across right, then kick left out to left 57-58
- 59-60 Step left behind right & step on right beside left, step on left

REPEAT



