

# Chill

Compte: 32

Mur: 4

Niveau:

Chorégraphe: Bill Bader (CAN)

Musique: Ain't Too Proud to Beg - The Temptations



During the song's intro, you can "get the motor warmed up" by doing sidestep left, close right, sidestep right, close left and repeat until the normal starting count.

## LEFT TURNED LEFT, CLOSE TOGETHER, SIDE RIGHT, CLOSE TOGETHER, SIDE LEFT, CLOSE TOGETHER, BACK ON RIGHT TURNED RIGHT, CLOSE TOGETHER

- 1 Step left to left side turned  $\frac{1}{4}$  left. This step may be slightly forward also, creating a slight diagonal.
- 2 Close right (move the right foot beside left flat but without weight)
- 3-4 Sidestep right, close left
- 5-6 Sidestep left, close right
- 7 Step right back turned  $\frac{1}{4}$  right
- 8 Close left. This returns you to "home" (starting position)

The quarter turns at counts 1 and 7 may be "softened" by starting the  $\frac{1}{4}$  turn on that step and finishing it on the close at counts 2 and 8.

Swinging bent arms forward at count 1, back at count 3, forward at 5 and back at 7 gives the feel of choreography used by 60s groups like the Temptations.

## MAMBO SLIDES - BACK, ROCK, FORWARD; FORWARD, ROCK, BACK

- 9& Slide/step left back, rock forward onto right
- 10 Slide/step left slightly forward
- 11& Slide/step right forward, rock back onto left
- 12 Slide/step right slightly back

## REVERSE $\frac{1}{2}$ PIVOT, FORWARD $\frac{1}{2}$ PIVOT

- 13 Place left toe/ball back. Hint: for the next 3 moves, this foot will remain on this spot.
- 14 Keeping feet in place turn  $\frac{1}{2}$  left ending with weight on left
- 15 Step right forward
- 16 Keeping feet in place turn  $\frac{1}{2}$  left ending with weight on left

## SIDE RIGHT, CLOSE WITH $\frac{1}{4}$ TURN RIGHT, SIDE LEFT, RIGHT SLIGHTLY APART

- 17 Step right to the right side
- 18 Close left beside right turning on right  $\frac{1}{4}$  right/. Face 3:00 wall.
- 19 Sidestep left
- 20 Close right foot slightly in - still somewhat apart from left

## TWO HIP ROLLS TO THE LEFT

- 21-24 Roll hips to the left: right, left, right, left

## SIDE RIGHT, TOUCH, TRAVELING TURN LEFT, TOUCH, SIDE RIGHT, TOUCH

- 25 Step right to right side
- 26 Touch left toe/ball beside right
- 27-29 Traveling to left side, step left, right, left turning a full turn ( $\frac{1}{4}$ ,  $\frac{1}{4}$ ,  $\frac{1}{2}$ )
- 30 Touch right toe/ball beside left
- 31 Step right to right side
- 32 Touch left toe/ball beside right

## REPEAT

