



West Coast Shuffle

Choreographed by Donna Mussman & Greg Underwood

Description: 32 count, 4 wall, beginner / intermediate line dance

Music: **She's Got The Rhythm** by Alan Jackson (96 bpm)

Any West Coast Swing Music

WALK FORWARD, KICK FORWARD, WALK BACK, COASTER STEP

- 1-2 Step RF forward, step LF forward
- 3-4 Right kick forward, step RF back
- 5&6 Step LF back, step RF together, step LF forward

REPEAT

- 7-12 Repeat 1-6

PRISSY WALKS

- 13 Step in front of LF with RF, twist body left
- 14 Step in front of RF with LF, twist body right
- 15 Step in front of LF with RF, twist body left
- 16 Step in front of RF with LF, twist body right

POINT & PAUSE

- 17-18 Point right toe to right side, hold
- & Place RF next to LF
- 19-20 Point left toe to left side, hold

POINT & KICK

- & Place LF next to RF
- 21 Point right toe to right side
- & Place RF next to LF
- 22 Point left toe to left side
- & Place LF next to RF
- 23-24 Kick RF forward twice

½ PIVOT, ¼ PIVOT

- 25 Touch right toe back
- 26 Pivot ½ turn to right, weight stays on LF
- 27 Touch right toe back
- 28 Pivot ¼ turn to right, weight stays on LF

BIG STEP WIGGLE WALK

- 29 Step to the right side with RF (pointing toe in to the left, weight on R heel)
- 30 Fan right toe to the right, place weight on right toe
- 31 Fan right heel to right
- 32 Place LF next to RF (weight on left foot)



Fly Like A Bird

Choreographed by Hedy McAdams

Description: 32 count, 2 wall, intermediate line dance
Music: **Fly Like A Bird** by Boz Saggs (124 bmp, 32 count lead)

ROCK, STEP, ¼ TURN LEFT, HOLD, ¼ TURN LEFT, ROCK, ¼ TURN RIGHT, HOLD

- 1-4 Rock left, rock right, rock left turning ¼ left (9:00), hold
- 5-6 Rock-step forward right turning ¼ left (6:00), rock left
- 7-8 Rock right turning ¼ right (9:00), hold

¼ TURN RIGHT, ROCK, ¼ TURN LEFT, HOLD, 2 KICK-BALL-CHANGES ¼ TURN LEFT

- 1-2 Rock-step forward left turning ¼ right (12:00), rock right
- 3-4 Rock left turning ¼ left (9:00), hold
- 5&6 Kick right, step ball of right next to left, step left turning ¼ left (6:00)
- 7&8 Kick right, step ball of right next to left, step left next to right

CROSS, UNWIND, CHASSE, ¼ TURN RIGHT SHUFFLE, ¼ TURN RIGHT, ½ TURN RIGHT

- 1-2 Cross right over left keeping weight left, unwind ½ turn to left (12:00) shifting weight right
- 3&4 Cross-step left over right, small step right to right to behind left foot, cross-step left over right
- 5&6 Step right into ¼ turn right (3:00), slide left beside right, step right forward
- 7-8 (2-ct rolling vine) Step left turning ¼ right (6:00), step right turning ½ to right (12:00)

POINT, CROSS, UNWIND, HOLD, CHASSE, STEP, SLIDE-LIFT

- 1 Cross-step left over right bending both knees (dip down)
- 2 Point right toes to right as you straighten knees and return to upright position
- 3-4 Cross right over left (weight on left), unwind ½ to the left ending with weight on right (6:00)
- 5&6 Cross-step left over right, small step right foot behind left, cross-step left over right
- 7-8 Big slide-step right foot to right, slide toes of left foot next to right and lift to blend in to restart

***Styling note: The final count 8 of the pattern ends with left toes touching beside right (instead of lift-and-blend) on last count of recommended music.*



Jamaica Mistaka

Choreographed by Peter Metelnick

Description: 4 wall - 32 count line dance

Music: Almost Jamaica - Bellamy Brothers (start on vocal) – 108

RIGHT HIP BUMPS & LEFT BACK, RIGHT CROSS STEP & CLAP, CLAP

- 1-2 Step right foot to right side and bump hips right twice
- &3 Step left foot back, cross step right foot over left
- &4 Holding position clap twice

LEFT HIP BUMPS & RIGHT BACK, LEFT CROSS STEP & CLAP, CLAP

- 5-6 Step left foot to left side and bump hips left twice
- &7 Step right foot back, cross step left foot over right
- &8 Holding position clap twice

RIGHT FORWARD, 1/2 RIGHT/LEFT BACK, RIGHT COASTER BACK

- 1 Step right foot forward
- 2 Turn 1/2 right on ball of right and step back left
- 3 Step right foot back
- &4 Step left foot together, step right foot forward (now facing back wall)

LEFT FORWARD, 1/2 LEFT/RIGHT BACK, LEFT COASTER BACK

- 5 Step left foot forward
- 6 Turn 1/2 left on ball of left and step back right
- 7 Step left foot back
- &8 Step right foot together, step left foot forward (now facing front wall)

RIGHT HEEL GRIND WITH 1/4 RIGHT, RIGHT COASTER BACK

- 1 Step forward on right heel with toe pointed inward
- 2 Grind heel fanning toe outward turning 1/4 right and step back on left (now facing right side wall)
- 3 Step right foot back
- &4 Step left foot together, step right foot forward

LEFT FORWARD, 1/2 RIGHT PIVOT TURN, TRIPLE STEP TURNING 1/2 RIGHT

- 5-6 Step left foot forward, pivot 1/2 right (now facing left side wall)
- 7 Step left foot forward turning 1/2 right
- &8 Step right foot together, step left foot together (now facing right side wall)

RIGHT ROCK BACK, RECOVER, RIGHT FORWARD SHUFFLE

- 1-2 Step right foot back and rock back, recover weight on left foot
- 3 Step right foot forward
- &4 Step left foot together, step right foot forward

LEFT ROCK FORWARD, RECOVER, LEFT COASTER BACK

- 5-6 Step left foot forward and rock forward, recover weight on right foot
- 7 Step left foot back
- &8 Step right foot together, step left foot forward

Repeat



Chattahoochee

Description: 34 count, 2 wall dance
Music: **Chattahoochee** by Alan Jackson

HEEL SPLIT, HEEL CROSS

- 1-2 Heels apart, heels together
- 3-4 Kick right foot forward, cross right foot over left foot

2 KICKS, BACK, TOUCH, STEP, SCUFF

- 5-6 Kick right foot forward, repeat
- 7-8 Step down with right foot, touch left foot back
- 9-10 Step forward with left foot, scuff beside left foot with right foot

VINE RIGHT

- 11-14 Step side right with right foot, cross behind with left foot, step side right with right foot, touch left foot next to right foot

2 KICKS, BACK, TOUCH, STEP, SCUFF

- 15-16 Kick left foot forward, repeat
- 17-18 Step down with left foot, touch right foot back
- 19-20 Step forward with right foot, scuff beside right foot with left foot

VINE LEFT

- 21-24 Step side left with left foot, Cross behind with right foot, Step side left with left foot, Touch right foot next to left foot

DIAGONAL TOUCHES

- 25 Touch right foot at 45-degree angle forward, push hip forward at the same time
- 26 Touch right foot back beside the left foot, relax hip
- 27 Touch right foot at 45-degree angle backward, push hip backward at the same time
- 28 Touch right foot back beside left foot, relax hip

STEP, TURN, 2 STOMPS

- 29 Step forward with right foot, make ½ turn left
- 30 Step in place with left foot
- 31 Stomp right foot next to left foot
- 32 Repeat count 31

OUT, OUT, IN, IN

- &33 Step side right with right foot (quickly), touch left foot at 45-degree angle forward
- &34 Bring left foot back in place, bring right foot back in place

REPEAT



Dave's Waltz

Description: 2 wall line dance

Music: **Their Hearts Are Dancing** by The Forester Sisters

4 BALANCE STEPS FORWARD

- 1-3 Step forward with RF and touch LF out to side
- 4-6 Step forward with LF and touch RF out to side
- 7-9 Step forward with RF and touch LF out to side
- 10-12 Step forward with LF and touch RF out to side

4 BALANCE STEPS BACK

- 13-15 Step back with RF and touch LF out to side
- 16-18 Step back with LF and touch RF out to side
- 19-21 Step back with RF and touch LF out to side
- 22-24 Step back with LF and touch RF out to side

4 SPIRALS (SIMILAR TO ZIG-ZAGS OR TWINKLES)

- 25 Take large step toward left side with RF
- 26 Continue with small step with LF and make ½ turn right
- 27 Step in place with RF
- 28 Take large step toward right side with LF
- 29 Continue with small step with RF and make ½ turn left
- 30 Step in place with LF

REPEAT

- 31-36 Repeat steps 25-30

RIGHT ½ TURN – LEFT ½ TURN – LEFT ½ TURN – BALANCE

- 37 Take large step forward with RF
- 38 Continue with small step with LF and make ½ turn right
- 39 Step in place with RF
- 40 Take large step forward with LF
- 41 Continue with small step with RF and make ½ turn left
- 42 Bring LF to RF (FACE FRONT) or (advanced ½ turn: cross LF over RF)
- 43 Take large step back with RF
- 44 Continue with small step back with LF and make ½ turn left
- 45 Bring RF to LF (FACE BACK)
- 46 Take large step forward with LF
- 47-48 Touch RF out to side

LEFT ½ TURN – LEFT ½ TURN

- 49 Take large step back with RF
- 50 Continue with small step with LF and make ½ turn left
- 51 Bring RF to LF (FACE FRONT)
- 52 Take large step forward with LF
- 53 Continue with small step with RF and make ½ turn left
- 54 Bring LF to RF (FACE BACK) or (advanced ½ turn: cross LF over RF)

BALANCE STEP BACK, 2, 3, FORWARD, 2, 3

- 55 Take large step back with RF
- 56-57 Touch LF out to side
- 58 Take large step forward with LF
- 59-60 Touch RF out to side