

LAZY BOOTS WESTERN DANCERS

Corsham, Wiltshire

Stu McGlary & Ann Helmore, D & G Qualified Instructors

Tel 01249 712257, Mobile 07968 004327

E-mail: lazy.boots@btinternet.com Website: www.lazyboots.co.uk

Slow Coach

Ann Helmore

Choreographer: Ann Helmore, Lazy Boots Western Dancers (Jul 09)
(inspired by the partner/circle dance by Norm Gifford)

Music: Slow Poke by Pee Wee King
I Still Like Bologna by Alan Jackson

4 Wall, 64 count, Improver level line dance

- Step, Brush, Hook, Brush, Step, Brush, Hook, Brush**
1 - 2 Step forward on left foot, Brush right foot forward
3 - 4 Hook right foot across front of left shin, brush right foot forward
5 - 6 Step forward on right foot, Brush left foot forward
7 - 8 Hook left foot across front of right shin, Brush left foot forward
- Step Brush, Step Brush, Step Lock Step, Brush**
9 - 10 Step forward on left foot, Brush right foot forward
11 - 12 Step forward on right foot, Brush left foot forward
13 - 14 Step forward on left foot, Lock step right foot behind left
15 - 16 Step forward on left foot, Brush right foot forward
- Step Pivot $\frac{1}{2}$ Turn, Step Forward, Step Pivot $\frac{1}{2}$ Turn, Step Forward**
17 - 20 Step right foot forward, Pivot $\frac{1}{2}$ turn to left, Step right foot forward, Clap
21 - 24 Step left foot forward, Pivot $\frac{1}{2}$ turn to right, Step left foot forward, Clap
- Rock recover $\frac{1}{4}$ Turn, Hold, Side Rock Recover, Cross Hold**
25 - 26 Rock step forward on right foot, Recover onto left foot turning $\frac{1}{4}$ turn right
27 - 28 Step right foot to right side, Hold
29 - 30 Rock step left foot to left side, recover onto right foot
31 - 32 Step left foot across right, Hold
33 - 40 Repeat counts 25 - 32
- Step Forward, Kick, Step Back, Step Together (x2)**
41 - 42 Step forward on right foot, Kick left foot forward
43 - 44 Step back on left foot, Step right next to left
45 - 46 Step forward on left foot, Kick right foot forward
47 - 48 Step back on right foot, Step left foot next to right
- Side, Together, $\frac{1}{4}$ Turn hold (x2)**
49 - 50 Step right foot to right side, Step left next to right
51 - 52 Turning $\frac{1}{4}$ turn to right step right foot forward, Hold
53 - 54 Step left foot forward turning $\frac{1}{4}$ turn to right, Step right foot next to left
55 - 56 Turning $\frac{1}{4}$ turn to left step left foot forward, Hold
- Rocking Chair, Step Pivot $\frac{1}{2}$ Turn, Step Forward, Hold**
57 - 58 Rock forward on right foot, Recover on left
59 - 60 Rock back on right foot, Recover on left
61 - 62 Step right foot forward, Pivot $\frac{1}{2}$ turn to left
63 - 64 Step right foot forward, Hold

BEGIN AGAIN

