LINE DANCE EVENT 2019
I SKÆRBÆK

STEPSHEETS
2019

For yderligere info kontakt:
på tlf. 74 75 19 70 eller info@scsk.dk
www.linedance-event.dk
**Absolutely**

Niels Poulsen (DK): nielsbp@gmail.com

April 2019

Type of dance: 32 counts, 4 walls, Beginner

Music: *Absolutely everybody* by Pepper (or Vanessa Amorosi). 123 bpm. Track length: 3.45. Buy on iTunes etc

Intro: 32 counts from the strong beat. App. 32 secs. into track. Start with weight on L foot

NOTE: NO TAGS – NO RESTARTS! 😊

<table>
<thead>
<tr>
<th>Counts</th>
<th>Footwork</th>
<th>End facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – 8</td>
<td><strong>R side rock, R cross shuffle, L side rock, L cross shuffle</strong></td>
<td>12:00</td>
</tr>
<tr>
<td>1 – 2</td>
<td>Rock R to R side (1), recover on L (2)</td>
<td>12:00</td>
</tr>
<tr>
<td>3&amp;4</td>
<td>Cross R over L (3), step L to L side (&amp;), cross R over L (4)</td>
<td>12:00</td>
</tr>
<tr>
<td>5 – 6</td>
<td>Rock L to L side (5), recover on R (6)</td>
<td>12:00</td>
</tr>
<tr>
<td>7&amp;8</td>
<td>Cross L over R (7), step R to R side (&amp;), cross L over R (8)</td>
<td>12:00</td>
</tr>
<tr>
<td>9 – 16</td>
<td><strong>Vine 1/4 R, step turn step, R shuffle fwd</strong></td>
<td>3:00</td>
</tr>
<tr>
<td>1 – 3</td>
<td>Step R to R side (1), cross L behind R (2), turn 1/4 R stepping R fwd (3)</td>
<td>9:00</td>
</tr>
<tr>
<td>4 – 6</td>
<td>Step L fwd (4), turn ½ R onto R (5), step L fwd (6)</td>
<td>9:00</td>
</tr>
<tr>
<td>7&amp;8</td>
<td>Step R fwd (7), step L behind R (&amp;), step R fwd (8)</td>
<td>9:00</td>
</tr>
<tr>
<td>17 – 24</td>
<td><strong>Rock L fwd, L shuffle back, rock R back, R kick ball change</strong></td>
<td>9:00</td>
</tr>
<tr>
<td>1 – 2</td>
<td>Rock L fwd (1), recover back on R (2)</td>
<td>9:00</td>
</tr>
<tr>
<td>3&amp;4</td>
<td>Step L back (3), step R next to L (&amp;), step L back (4)</td>
<td>9:00</td>
</tr>
<tr>
<td>5 – 6</td>
<td>Rock back on R (5), recover fwd onto L (6)</td>
<td>9:00</td>
</tr>
<tr>
<td>7&amp;8</td>
<td>Kick R fwd (7), step R next to L (&amp;), step L fwd (8)</td>
<td>9:00</td>
</tr>
<tr>
<td>25 – 32</td>
<td><strong>Step R fwd, Hold, ball step fwd, Hold, ball R jazz box cross</strong></td>
<td>9:00</td>
</tr>
<tr>
<td>1 – 2</td>
<td>Step R fwd (1), Hold (2)</td>
<td>9:00</td>
</tr>
<tr>
<td>3&amp;4</td>
<td>Step L next to R (&amp;), step R fwd (3), Hold (4)</td>
<td>9:00</td>
</tr>
<tr>
<td>5 – 8</td>
<td>Step L next to R (&amp;), cross R over L (5), step L back (6), step R to R side (7), cross L over R (8)</td>
<td>9:00</td>
</tr>
</tbody>
</table>

**Start Again!**

**Ending** Start wall 13, facing 12:00. Do the first 4 counts and then step L to L side 😊 12:00
# Thorn in my Side

**Niels Poulsen (DK):** [nielsbp@gmail.com](mailto:nielsbp@gmail.com)

**June 2019**

**Type of dance:** 64 counts, 2 walls, High improver

**Music:** *Thorn in my side* by Eurythmics. 122 bpm. Track length: 4.13. Buy on iTunes etc

**Intro:** 16 counts from beginning of track. App. 8 secs into track. Start with weight on L foot

**1 restart:** On Wall 4 (starts at 6:00). On count 32 turn ¼ L stepping L fwd, then **RESTART** at 12:00

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### Counts Footwork

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>End facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – 8</td>
<td>R rock step, R coaster step, L rock step, triple ¼ L</td>
<td></td>
</tr>
<tr>
<td>1 – 2</td>
<td>Rock R fwd (1), recover back on L (2)</td>
<td>12:00</td>
</tr>
<tr>
<td>3&amp;4</td>
<td>Step back on R (3), step L next to R (&amp;), step R fwd (4) … (OR <strong>full triple turn R</strong>)</td>
<td>12:00</td>
</tr>
<tr>
<td>5 – 6</td>
<td>Rock L fwd (5), recover back on R (6)</td>
<td>12:00</td>
</tr>
<tr>
<td>7&amp;8</td>
<td>Turn ½ L stepping L fwd (7), turn ½ L stepping R to R side (&amp;), cross L over R (8)</td>
<td>3:00</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>9 – 16</th>
<th>R side rock, cross shuffle, L side rock, cross shuffle</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – 2</td>
<td>Rock R to R side (1), recover on L (2)</td>
</tr>
<tr>
<td>3&amp;4</td>
<td>Cross R over L (3), step L to L side (&amp;), cross R over L (4)</td>
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<tr>
<td>5 – 6</td>
<td>Rock L to L side (5), recover on R (6)</td>
</tr>
<tr>
<td>7&amp;8</td>
<td>Cross L over R (7), step R to R side (&amp;), cross L over R (8)</td>
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</tbody>
</table>

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<table>
<thead>
<tr>
<th>17 – 24</th>
<th>Monterey ¼ R X 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – 4</td>
<td>Point R to R side (1), turn ½ R stepping R next to L (2), point L to L side (3), step L next to R (4)</td>
</tr>
<tr>
<td>5 – 8</td>
<td>Point R to R side (5), turn ¼ R stepping R next to L (6), point L to L side (7), step L next to R (8)</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>25 – 32</th>
<th>Half of a Figure 8 (v1 ¼, step ½, ¼ vine)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – 3</td>
<td>Step R to R side (1), cross L behind R (2), turn ¼ R stepping R fwd (3)</td>
</tr>
<tr>
<td>4 – 5</td>
<td>Step L fwd (4), turn ½ R onto R (5)</td>
</tr>
<tr>
<td>6 – 8</td>
<td>Turn ¼ R stepping L to L side (6), cross R behind L (7), step L to L side (8) *ReStart on wall 4</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>33 – 40</th>
<th>Cross side, R sailor step, cross, ¼ L, ¼ L into L chassé</th>
</tr>
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<tbody>
<tr>
<td>1 – 2</td>
<td>Cross R over L (1), step L to L side (2)</td>
</tr>
<tr>
<td>3&amp;4</td>
<td>Cross R behind L (3), step L to L side (&amp;), step R to R side (4)</td>
</tr>
<tr>
<td>5 – 6</td>
<td>Cross L over R (5), turn ¼ L stepping back on R (6)</td>
</tr>
<tr>
<td>7&amp;8</td>
<td>Turn ¼ L stepping L to L side (7), step R next to L (&amp;), step L to L side (8)</td>
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</tbody>
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<table>
<thead>
<tr>
<th>41 – 48</th>
<th>Cross side, R sailor step, cross, ¼ L, L shuffle back</th>
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<tbody>
<tr>
<td>1 – 2</td>
<td>Cross R over L (1), step L to L side (2)</td>
</tr>
<tr>
<td>3&amp;4</td>
<td>Cross R behind L (3), step L to L side (&amp;), step R to R side (4)</td>
</tr>
<tr>
<td>5 – 6</td>
<td>Cross L over R (5), turn ¼ L stepping back on R (6)</td>
</tr>
<tr>
<td>7&amp;8</td>
<td>Step back on L (7), step R next to L (6), step back on L (8)</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>49 – 56</th>
<th>R back rock, R kick ball step, step turn, full turn L</th>
</tr>
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<tbody>
<tr>
<td>1 – 2</td>
<td>Rock back on R (1), recover fwd to L (2)</td>
</tr>
<tr>
<td>3&amp;4</td>
<td>Kick R fwd (3), step R next to L (&amp;), step R fwd</td>
</tr>
<tr>
<td>5 – 6</td>
<td>Step R fwd (5), turn ½ R onto L (6)</td>
</tr>
<tr>
<td>7 – 8</td>
<td>Turn ½ L stepping back on R (7), turn ½ L stepping L fwd (8) … (OR walk R and L fwd)</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>57 – 64</th>
<th>R rocking chair, step ½ L X 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – 4</td>
<td>Rock R fwd (1), recover back on L (2), rock back on R (3), recover fwd onto L (4)</td>
</tr>
<tr>
<td>5 – 8</td>
<td>Step R fwd (5), turn ½ L onto L (6), step R fwd (7), turn ½ L onto L (8)</td>
</tr>
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**Start Again!**

**Tag 1**

Comes twice. After wall 2, facing 12:00, and after wall 5, facing 6:00

*Heel & heel & step turn, heel & heel & step turn, R jazz box, step L fwd*

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<tbody>
<tr>
<td>1&amp;2&amp;</td>
<td>Touch R heel fwd (1), step R next to L (&amp;), touch L heel fwd (2), step L next to R (&amp;)</td>
<td>12:00</td>
</tr>
<tr>
<td>3 – 4</td>
<td>Step R fwd (3), turn ½ L onto L (4)</td>
<td>6:00</td>
</tr>
<tr>
<td>5&amp;6&amp;</td>
<td>Touch R heel fwd (5), step R next to L (&amp;), touch L heel fwd (6), step R next to R (&amp;)</td>
<td>6:00</td>
</tr>
<tr>
<td>7 – 8</td>
<td>Step R fwd (7), turn ½ L onto L (8)</td>
<td>12:00</td>
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</tbody>
</table>

**Tag 2**

Comes only one time. After wall 6, facing 12:00: *R jazz box, step L fwd*

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<tbody>
<tr>
<td>1 – 4</td>
<td>Cross R over L (1), step back on L (2), step R to R side (3), step L fwd (4)</td>
<td>12:00</td>
</tr>
</tbody>
</table>
Get Wild

Part A

A1: Walk, Walk, Hitch, Cross, ½ Turn, Point/Lunge, Hold
1,2,3,4 (1) Step R forward; (2) Step L forward; (3) Hitch R knee up; (4) Cross R over L
5,6 (5) Turn ¼ right stepping L back (3:00); (6) Turn ¼ right stepping R to right (6:00)
7,8 L in toward R

A2: Together, Cross, Side, Behind, Sweep, Behind, ¼ Forward, ¼ Drag (with heel), Together
&1,2,3 (&) Step L beside R; (1) Cross R over L; (2) Step L to left; (3) Step R behind L (begin sweeping L back/around)
4,5,6 (4) Continue sweeping L back/around; (5) Step L behind R; (6) Turn ¼ right stepping R forward (9:00)
7 (7) Turn ¼ right taking a large step L to left (begin dragging R heel towards L) (12:00)
8& (8) Continue dragging R heel towards L; (&) Step R beside L

A3: Cross, Side, 1/8 Sailor, Rock Forward/ Recover, Back (drag with heel), Together
1,2 (1) Cross L over R; (2) Step R to right (12:00)
3&4 (3) Step L behind R; (&) Turn 1/8 left stepping R beside L; (4) Step L forward (10:30)
5,6 (5) Rock R forward (10:30); (6) Recover weight back onto L
7 (7) Large step back onto R (begin to drag L heel towards R) (10:30)
8& (8) Continue dragging L heel back towards R; (&) Step L beside R (10:30)

A4: 1/8 Cross, Side, 1/8 Sailor, Rock Forward/ Recover, 1 1/8 Triple Turn on the spot
1,2 (1) Turn 1/8 right as you cross R over L (12:00); (2) Step L to left (12:00)
3&4 (3) Step R behind L; (&) Turn 1/8 right stepping L beside R (1:30); (4) Step R forward (1:30)
5,6 (5) Rock L forward; (6) Recover weight back onto R (1:30)
7&8 (7) Turn 1/2 left stepping L forward (7:30); (&) Step R forward; (8) Turn 5/8 left stepping L forward (12:00)

Part B

B1: Scuff, Step, Tap, Step, Kick, Step, Kick, Step, Tap, Step, Kick, Step, Cross Shuffle
1&2& (1) Scuff R forward; (&) Step R to right/slightly forward; (2) Tap L toe behind R; (&) Step L slightly back
3&4 (3) Kick R forward (low); (&) Step R to right; (4) Kick L forward (low); (&) Step L across R
5&6& (5) Tap R toe behind L; (&) Step R slightly back; (6) Kick L forward (low); (&) Step L beside R
7&8 (7) Cross R over L; (&) Step L to left; (8) Cross R over L

Note: Counts 1-4& are completed whilst traveling slightly to your right.

B2: 1/8 Stomp Out, Out, Back, Coaster, 1/8 Walk, ¼ Walk, ¼ Turning Shuffle
&1  (&) Turn 1/8 left as you stomp L forward / out to left; (1) Stomp R forward / out to right (10:30)
2,3&4  (2) Step L back; (3) Step R back; (&) Step L beside R; (4) Step R forward (10:30)
5,6  (5) Turn 1/8 left stepping L forward (9:00); (6) Turn 1/4 left stepping R forward (6:00)
7&8  (7) Turn 1/8 left stepping L forward; (&) Step R beside L (8) Turn 1/8 left stepping L forward (3:00)

Note: For counts 5-8, pretend you are walking around a chair (5/8 walk around)

B3: Tap, Stomp, Recover, Behind, Side, Cross, Side, Together, Cross, ¾ Turn
&1  (&) Tap ball of R slightly to right; (1) Stomp R slightly forward to right diagonal (3:00)
2,3&4  (2) Recover weight onto L; (3) Step R behind L; (&) Step L to left; (4) Cross R over L
&5  (&) Step L to left; (5) Step R beside L (angle body to 4:30)
6,7,8  (6) Cross L over R (3:00); (7) Turn ¼ left stepping R back; (8) Turn ½ left stepping L forward (6:00)

B4: Rock Forward, Recover, Full Turn Back, Coaster, 3x Runs Forward
1,2  (1) Rock R forward; (2) Recover weight back onto L
3,4  (3) Turn ½ right stepping R forward (12:00); (4) Turn ½ right stepping L back (6:00)
5&6  (5) Step R back; (&) Step L beside R; (6) Step R forward
7&8 3  little runs forward: (7) Step L forward; (&) Step R forward; (8) Step L forward

Ending: At the end of the song, you would have just finished PART B for the 5th time and will be facing 6:00 with weight on L. To finish facing the front (12:00); pivot ½ turn right and pose!

NO TAGS. NO RESTARTS. GET WILD!

Maddison Glover – maddisonglover94@gmail.com - Jo Thompson Szymanski - jo.thompson@comcast.net
Mr. Lonely

Intro: 24 count intro

Sec 1: R Forward Shuffle (x 4) - 12:00
1-4 Step right forward, step left next to right, Step right forward, Step left next to right
5-8 Step right forward, step left next to right, Step right forward, Touch left next to right

Sec 2: Step back L, Hold, Stomp R twice
1-4 Drag left back (1), Hold (2), Stomp right next to left twice (3,4)
5-8 ¼ turn Drag left back (5), Hold (6), Stomp right next to left twice (7,8)

Sec 3: ¼ Turn with Heel Switches R L (x2), – 6:00
&1-2 ¼ Turn Step onto left (&), Touch R Heel at diagonal (1), Hold (2) - 7:30
&3-4 Recover on right (&), Touch L Heel at diagonal (3), Hold (4) - 4:30
&5-6 Recover on left (&), Touch R Heel at diagonal (5), Hold (6) - 7:30
&7-8 Recover on right (&), Touch L Heel at diagonal (7), Hold (8) - 4:30

Sec 4: Touch L, Touch R, ½ Pivot R (x2)
&1-2 Recover on left (&), Touch right next to left, (1), Step right to the side (2)
3-4 Touch left next to right, Step L side
5-8 Step R forward (5), Pivot ½ turn left (6), Step R forward (7), Pivot ½ turn left (8)

NOTE (Optional)
*Sec 1 - Styling – While doing the Shuffle – Keep Body at a diagonal moving forward
*Sec 1 - Instead of the Shuffle 1-7, Locking Steps is an option (Step right forward, step left toe behind right)
*Sec 3 - Since this is a 2 wall dance, when you are facing 12:00, change 7:30 to 1:30 & 4:30 to 11:30
*Sec 3 - Click fingers at shoulder with hands at the waist
*At the end of 8th wall (during the 1st section of the instrumental) – 2 Full Turns instead of 2 Pivots
*ENDING: At the end of 13th wall – Do the 1st 8 count Shuffle and 2 Full Turns and arms out – taa daa! Take a Bow

Stepsheet written by: John Fernandes johnferns@outlook.com
Last Update – 11 April 2019
A Little Midland

Count: 64  Wall: 2  Level: Beginner / Improver
Choreographer: Yvonne Anderson - May 2019
Music: Make A little by Midland. iTunes and amazon

One Tag at the end of wall 3,
* start on the word ‘Trip”

[1-8] SIDE, BEHIND, SIDE, IN-FRONT, STOMP, KICK, ROCK BACK, RECOVER
1-4  Step R to right, Step L behind right, Step R to right, Step L across right [12.00]
5-8  Stomp R to right, Kick L forward to left diagonal, (still on diagonal) Rock L back, Recover weight on R [11.30]

[9-16] TURNING ‘K’ STEP
1-4  Step L forward to left diagonal, Touch R beside left and clap, Step R back, Touch L beside right and clap [1.30]
5-8  Make 1/8 turn left stepping L to left, Touch R beside left and clap, Step R to right, Touch L beside right and clap [9.00]

[17-24] LEFT SHUFFLE FORWARD, BRUSH, ROCKING CHAIR
1-4  Step L forward, Step R beside left, Step L forward, Brush R forward [9.00]
5-8  Rock R forward, Recover weight on L, Rock R back, Recover weight on L [9.00]

[25-32] PADDLE TURN 1/4 LEFT X 2, RIGHT SHUFFLE FORWARD, HOLD
1-4  Touch R toes forward, Make 1/4 left taking weight on L, Touch R toes forward, Make 1/4 turn left taking weight on L
5-8  Step R forward, Step L beside right, Step R forward, Hold [3.00]

[33-40] LEFT VAUDEVILLE, RIGHT VAUDEVILLE
1-4  Step L across right, Step R to right and slightly back, Touch L heel forward to left diagonal, Step L beside right [3.00]
5-8  Step R across left, Step L to left and slightly back, Touch R heel forward to right diagonal, Step R beside left [3.00]

[41-48] ROCK FORWARD, RECOVER, STEP BACK, HOLD, SHUFFLE BACK
1-4  Rock L forward, Recover weight on R, Step L back, Hold [3.00]
4-8  Step R back, Step L beside right, Step R back, Hold [3.00]

[49-56] FULL TRIPLE TURN, HOLD, RIGHT HEEL, STEP, LEFT HEEL STEP
1-4  Make a full turn left stepping L, R, L (on the spot), Hold
(alternative, Left coaster step, Hold)
5-8  Touch R heel forward, Step R beside left, Touch L heel forward, Step L beside right [3.00]

[57-64] MONTEREY 1/4 TURN RIGHT, RIGHT HEEL, STEP, LEFT HEEL, STEP
1-4  Point R toes to right, Make 1/4 turn right stepping R beside left, Point L to left, Step L beside right [6.00]
5-8  Touch R heel forward, Step R beside left, Touch L heel forward, Step L beside right [6.00]

REPEAT

TAG - end of wall 3 (facing 6 o’clock) add the following 12 counts
ROCKING CHAIR, STEP-PIVOT 1/2 TURN-STEP x 2
1-4  Rock R forward, Recover weight on L, Rock R back, Recover weight on L
5-8  Step R forward, Make 1/2 turn left taking weight on L, Step R forward, Clap
9-12 Step L forward, Make 1/2 turn left taking weight on R, Step L forward, Clap

Last Update - 7 May 2019
**Everything I Have**

**Count:** 32  
**Wall:** 2  
**Level:** Intermediate

**Choreographer:** Gary O’Reilly & Maggie Gallagher (March 2019)  
**Music:** Better Man by Westlife (Amazon & iTunes)

*NOTE: Contact Gary or Maggie for track with intro included*

**Intro:** Start on the last strike of the piano just before vocals

**S1:** WALK, FORWARD COASTER/SWEEP, BEHIND SIDE CROSS, UNWIND, SIDE/DRAG, BACK ROCK

1. Walk forward on right
2&3 Step forward on left, Step right next to left, Step slightly back on left sweeping right from front to back
4&5 Cross right behind left, Step left to left side, Cross right over left
6&7 Unwind full turn left (weight finishing on left), Long step right to right side dragging left to meet right [12:00]
8& Cross rock left behind right, Recover on right

**S2:** SIDE/DRAG, BACK ROCK, MAMBO ½, WALK, TRIPLE FULL TURN, PRISSY WALK

1-2& Long step left to left side dragging right to meet left, Rock back on right, Recover on left
3&4 Rock forward on right, Recover on left, ½ right stepping forward on right [6:00]
5 Walk forward on left
6&7 ½ left stepping back on right, ½ left stepping forward on left, Step right next to left [6:00]
8 Walk forward on left slightly crossing over right *RESTART Walls 2 & 5

**S3:** ROCK RECOVER CROSS, ¼, BACK/HITCH, BEHIND, ¼, CROSS ROCK, SIDE ROCK, CROSS/SWEEP

1&2 Rock right to right side, Recover on left, Cross right over left
3& ¼ right stepping slightly back on left [7:30], Step back on right ronde hitching left from front to back
4& Cross left behind right, ¼ right stepping right to right side [9:00]
5&6& Cross rock left over right, Recover on right, Rock left to left side, Recover on right
7 Cross left over right sweeping right from back to front

**S4:** CROSS SIDE, ROCK, RECOVER ½ ROCK/HOOK, R LOCK STEP, ¼ HITCH/STEP, ROCKING CHAIR

8&1 Cross right over left, Step left to left side, Rock back on right
2&3 Recover on left, ½ left stepping back on right, Rock back on left hooking right across left [3:00]
4&5 Step forward on right, Lock left behind right, Step forward on right
6& ¼ right ronde hitching left knee, step forward on left [6:00]
7&8& Rock forward on right, Recover on left, Rock back on right, Recover on left

*RESTARTS: After 16 counts on Wall 2 facing [12:00] and Wall 5 facing [6:00]*

**TAG:** 4 count tag at the end of Wall 3 facing [6:00]

1-2-3-4 Rock forward on right, Recover on left, Rock back on right, Recover on left

**ENDING:** At the end of Wall 8, step forward on right to finish facing [12:00]

www.facebook.com/MaggieGChoreographer or www.maggieg.co.uk

Gary O’Reilly - oreillogaryone@gmail.com – 00353857819808  
Website: www.thelifeforeillydance.com

Last Update - 2 May 2019