



Karen Hedges **Dancin Up A Storm** WWW.DANCINUPASTORM.COM

GOOD TIME

Choreographed by Karen Hedges

Phone: 816 728-3750

Email Khedges111@hotmail.com

Home Page: <http://www.dancinupastorm.com>

32 Counts, 4 Wall Intermediate Level Line Dance

Rhythm: Slow to Medium Polka

Music: Cowboy Up-Cynda Bennett-Chill Pill-C&M Management 615-579-9070
bpms: 101

Get In Line-Nancy Hays-Get In Line CD-www.nancyhays.com bpms: 119

Just in Case-The Forrester Sisters-Ultimate C/W Dance Polka-v.2 bpms: 102

Does Jesus Ever Cross Your Heart-Nancy Hays-Get In Line CD-bpms: 114

When I Come Back I Wanna Be My Dog-Greg Holland-CDX vol. 94 bpms: 123

Right Side Rock Behind and Cross Chasse Left Step 1/2 L

- 1-2 Rock out side R recover L
- 3&4 Step R behind L & stepping back slightly on ball of L cross R over L
- 5&6 Step L bring R to meet L, step L
- 7-8 Step forward R, 1/2 turn left shift weight to L

Right Coaster Step Left Triple 1/4 turn Left

- 1-2 Rock forward R, recover L
- 3&4 Step back R bring L to meet R, step forward R
- 5&6 Step forward L bring R to meet L, step forward L
- 7-8 Step forward R, 1/4 turn left shift weight to L.

Side Triple Right 1/2 Turn Side Triple Left Forward Triple Step 1/2 Turn Right

- 1&2 Step side R bring L to meet R, step side R making 1/2 turn right
- 3&4 Step side L bring R to meet L, step side L
- 5&6 Step forward R bring L to meet R, step forward R
- 7-8 Step forward L, 1/2 turn right shift weight to right.

Rock Step Left Coaster Step Forward Right Triple Kick and Touch

- 1-2 Rock forward L, recover R
- 3&4 Step back L bring R to meet L, step forward L
- 5&6 Step R forward bring L to meet R, step forward R
- 7&8 Kick L forward stepping on L, touch R toe next to instep of L