

West Coast Knot

Choreographed by -Charlene Wiencek (4/27/09)

Description - 48 count, High Beg/Low Intermediate level, 4 wall line dance

Music - West Coast Swing by Robin Greenstein (CD - Acoustcnness)

(There is one tag, one restart, when using the song West Coast Swing - See below)

Cold Hearted by Paula Abdul (CD - Forever You Girl)

You Want It, You Got It by Detroit Emeralds (CD - Feel The Need In Me)

* Any medium tempo west coast swing music of choice

Walk, Walk, Anchor Step, Coaster Step, Step 1/2 Turn

1- 2 Walk forward right, Walk forward left

3&4 Step right back with toes slightly angled out, step left close and in front of right (left toes facing straight)

Step back on right with toes still slightly angled right

5&6 Step back on left, step back on right, step left forward

7- 8 Step right forward, turn 1/2 left, (weight on left - 6:00)

Step Lock, Step, Lock, Step - Step Lock, Step, Lock, Step

1- 2 Step right forward, lock left behind right

3&4 Step right forward, lock left behind right, step right forward

5- 6 Step left forward, lock right behind left

7&8 Step left forward, lock right behind left, step left forward (6:00)

Rock Recover, Toe Strut Back -X3

1-2 Rock right forward, recover on left

3-4 Step right toe back, drop to right heel

5-6 Step left toe back , drop to left heel

7-8 Step right toe back, drop to right heel

Press L, Hold, Body Roll, Tap Heel, X4

1-2 Press left toe forward, hold (left heel remains off floor during hold)

3-4 Bend both knees, (sit position), roll body up

5-8 Tap left toe to heel four times (with attitude - end with weight on left foot)

Rock, Recover, 1/4 Turn Right, Step Right, Left Drag,

Left Cross Rock, Right Cross Rock, 1/4 Turn Right

1-2 Rock right forward, recover back on left

3-4 Turn 1/4 right while taking long step to right (weight on right)

Drag left foot to right (no weight on left)

5&6 Cross rock left over right, recover right , left to side

7&8 Cross rock right over left, recover left, turn 1/4 right stepping right to side

Rock Recover, Left Coaster Step, Step 1/2 Turn, Step 1/4 Turn

- 1-2 Rock forward left, recover back on right
- 3&4 Step back on left, step back on right, step left forward
- 5-6 Step forward right, turn 1/2 left placing weight on left
- 7-8 Step forward right, turn 1/4 left ending with weight on left

Start again.

TAG: (one time only - after dancing the dance one time through to 3:00)

- 1&2 Bump hips right and right
- 3&4 Bump hips left and left
- 5- 8 Sway hips right, left, right, left (end with weight on left foot)
 - OR
- 1- 8 Use your imagination! Just use up eight counts before starting the dance again.
(Be sure to end your *special* move with weight on left. Start the dance again)

RESTART: (one time only - at 6:00, after dancing 40 steps)

Start the dance on the 4th wall (9:00)

Dance through the first 40 steps. You will now be facing 6:00.

On count 40 replace the 1/4 turn right with a touch right next to left (no 1/4 turn right)

Restart with walk forward right, walk forward left (6:00).