

EASY BADONK

Easy 32 ct. - 2 Wall Line Dance

Music- "Honky Tonk Badonkadonk", by Trace Adkins (CD-Songs About Me)

Begin the dance when Trace says, "Left, Left, Left, Right, Left"

8 cts. Tap L foot to the side and back, 2X (4 cts.)

Step L together with R, 2X (4 cts.)

8 cts. Tap R foot to the side and back, 2X (4 cts.)

Step R together with L, 2X (4 cts.)

8 cts. Walk forward 4 steps

Walk backward 4 steps

8 cts. Twist (or rock in place) (4 cts.)

Pivot on L foot 180 degrees (L stays in place while the R foot does 4 quick touches around counterclockwise, stomping the R foot on 4, weight on the R foot)

Repeat facing back wall.

5, 6, 7, 8

Easy 32 ct - 1 Wall Line Dance

Music- "5,6,7,8", by Steps (CD- Best of Steps)

Begin the dance by jumping up and down 4X when they say, "It's Time to Begin, It's Time to Begin, 5,6,7,8"

8 cts. Grapevine R (4 cts.), Grapevine L (4 cts.)

8 cts. Moving forward...Angle step R, clap, angle step L, clap, angle step R, clap, angle step L, clap

8 cts. Slap R hand on R thigh, L hand on L thigh, slap R hand on R hip, L hand on L hip, clap 2X, point to your head, then point to your toe

8 cts. Walk backward 4 steps, then jump in place 4X (the song will say...5,6,7,8)

SCOOT

Easy 16 ct. - 4 Wall Line Dance

Music- "Rock My World", by Brooks & Dunn, or "California Girls", by Gretchen Wilson, or "Shotgun", Jr. Walker & the All Stars

8 cts. Grapevine R (4 cts.), Grapevine L (4 cts.)

4 cts. Walk backward R, L, R, then scoot forward on the R (L foot stays off the floor)

4 cts- Step forward on L, scoot forward on R (pick L up), step forward on L, kick/scuff R while turning ¼ L

Ski Bumpus (1 Wall Line Dance)

Music- "I Feel Lucky", by Mary Chapin Carpenter, or "Boot Scootin Boogie", by Brooks and Dunn

8 cts.- Touch (front) R heel, L heel, R heel, L heel

24 cts.- R kickball change 2X, then step forward with R foot and pivot 180 degrees.

Repeat above while facing the back wall

Shuffle step forward leading with the R foot (quick cha cha), then step forward with R foot and pivot 180 degrees. Repeat above while facing the back wall

8 cts.- Jazz square (jazz box) 2X

Stray Cat Strut (4 Wall Line Dance)

Music- "Stray Cat Strut", by the Stray Cats, or "Hole in My Pocket", by Joe Diffie (fast)

8 cts.- Touch (front) R heel, L heel, R heel, L heel

8 cts.- Tap R foot front 2X, tap R foot back 2X, tap R foot front, back, front, back

8 cts.- 4 heel struts moving forward starting with the R foot (a heel strut is a step forward on the heel, and bring the toe down on the second beat...a heel, toe slap)

8 cts.- Jazz square (jazz box) 2x, finish the second jazz square turning ¼ to the R

Continental (4 Wall Line Dance)

Music- Anything with a decent beat..."Livin in America", by James Brown

8 cts.- Step R, together with L 2X, Step L together with R 2X (or Grapevine R/L)

4 cts.- Walk forward R, L, R, then pick up the L while turning ¼ R

4 cts.- Walk backward L, R, L, then bring the R together with the L

Country Continental (4 Wall Line Dance)

Music- Boot Scootin Boogie, by Brooks and Dunn

8 cts.- Touch (front) R heel, R heel, L heel, L heel

4 cts.- Tap R foot front, back, to the side, then pick it up behind and slap with the L hand

8 cts.- Grapevine R, grapevine L

4 cts.- Walk forward R, L, R, then pick up the L while turning ¼ R

4 cts.- Walk backward L, R, L, then stomp the R together with the L

4 cts.- Heel fan (or toe flare, or wag) 2X with the R foot

Chocolate City Hustle (4 Wall Line Dance)

Music- "Soul Man", by Sam and Dave, or "Old Time Rock and Roll", by Bob Seeger

- 8cts.- Walk forward R, L, R, kick L, then walk backward L, R, L, brush with the R
- 8 cts.- Grapevine R finishing with a brush L, grapevine L finishing with a brush R
- 8 cts.- Angle step forward R together with L, angle step back to start L together with R
Step R touch L, step L touch R
- 4 cts.- Swivel heels (twist motion) R, L, R, back to center
- 8 cts.- Tap R foot 2X front, tap R foot 2X back, then touch R foot front, back, side, and
turn $\frac{1}{4}$ L

Medford Shuffle/New Electric Slide (4 Wall Line Dance)

Music- "Pump Up the Jam", by Technotronic

- 8 cts.- Step R 2X, step L 2X (or grapevine R/L)
- 8 cts.- 1. Touch R foot front...2. Touch R foot back...3. Step forward with R foot,
pointing the toe at the R wall...4. Step forward with L foot, with weight on the R
(now facing the R wall)...5. Step L across in front of the R (weight on the L
foot)...6. Touch the R foot to the side...7. Bring R foot back together with the L...
8. Jump in place and clap

Easy Spin Slide (2 Wall Line Dance)

Music- Anything with a good beat..."Love Shack", by the B 52's

- 8 cts.- R heel touch front 2X, L heel touch front 2X
- 8 cts.- Step forward L, then slide R up to L 4X (L, slide, L, slide, L, slide, L, slide)
- 8 cts.- Angle steps backward, R, L, then L, R, then R, L, then L, R
- 16 cts.- Grapevine R, grapevine L with a 180 degree pivot, grapevine R, grapevine L

Honky Tonk Stomp (2 Wall Line Dance)

Music- Any good country beat..."Queen of Memphis", by Confederate Railroad

- 8 cts.- R heel touch front/back, stomp L foot 2X, L heel touch front/back, stomp R
foot 2X
- 16 cts.- Grapevine R (stomp L), grapevine L with a 180 degree pivot, grapevine R (stomp
L), grapevine L (stomp R)
- 4 cts.- 2 heel splits (open, close, open, close)

Cupid Shuffle (4 Wall Line Dance)

Music- "Cupid Shuffle", by Cupid

8 cts.- 4 steps R

8 cts.- 4 steps L

8 cts.- Kick R, Kick L, Kick R, Kick L

8 cts.- Freestyle for 8 cts. while turning $\frac{1}{4}$ to the L

Superstar (2 Wall Line Dance) by Greg Davidson

Music- "Gonna Make You Sweat" (Everybody Dance Now), by C&C Music Factory

4 cts.- 4 hand waves over the head to the left

8 cts.- Headache walk R, 2 steps, headache walk L, 2 steps (headache walk is hand on forehead, the other straight out to the side with a wave...shoo away/attitude wave)

8 cts.- Block, push away, block, push away (block is 2 hands to the chest...like a football lineman block; push away is 2 hands straight out in front)

4 cts.- Train pivot on left foot 4 X in a circle (360 degrees)

8 cts.- 4 monkeys R, 4 monkeys L

8 cts.- Raise R hand up, then L hand up, then R hand 2 X.

Raise L hand up, then R hand up, then L hand 2 X

8 cts.- Raise R hand up and hold (2 cts.), raise L hand up and hold...both hands now up in a Y (2 cts.). Bring R hand to L armpit and hold (2 cts.), bring L hand to R armpit and hold (2 cts.)

8 cts.- Superstar jump (stride jump) forward w/ hands raised and yell "Superstar", jump back to attention. Repeat the entire Superstar jump sequence.

8 cts.- Walk forward 4 steps, walk back 4 steps

8 cts.- Walk forward 4 steps, turn 180 degrees to face back wall, then walk 4 steps to the back wall

Mustang Sally (1 Wall or 4 Wall Line Dance)

Music- "Mustang Sally", by Wilson Pickett, or "Hey Baby" (many versions)

8 cts.- Triple step R, rock back L, Triple step L, rock back R

8 cts.- Repeat above

8 cts.- Walk forward R,L,R, lift L, walk back L,R,L, and lift R knee

8 cts.- In place...R foot down, lift L knee, L foot down, lift R knee...touch R foot down, lift R knee, touch R foot down, lift R knee, then go right into the triple step to repeat the dance

* to make this a 4 wall dance, pivot to the left as you do the two R foot touch/lifts at the end of the dance

Thriller (1 Wall Line Dance) by J.D. Hughes

Music- “Thriller”, by Michael Jackson

- 8 cts.- Monster Claws...with hands in monster claws step forward R and hold, step forward L and hold, step forward R, L, R, L
- 8 cts.- Slide, Shimmy, Clap...Long slide step R and while the L comes together “shimmy” shoulders (3 cts.) then clap overhead on ct. 4. Repeat to the L
- 8 cts.- Breast Stroke...angle step forward (to the R) R, L, R, L while doing breaststroke motions with the hands, repeat with angle steps forward (to the L) beginning with L foot, L, R, L, R
- 8 cts.- Zombie Stomp...Stomp back R and hold, stomp back L and hold, stomp back R, L, R, L, while holding hands up like a zombie (exaggerated stiff movements)
- 8 cts.- Dealing Cards...In place, feet apart, “deal cards” with the hands while leaning to the R (4 cts.), then repeat to the L (4 cts.)

On Stage (1 Wall or 4 Wall Line Dance)

Learned from Kitty Pruitt at the Jekyll Island Share the Wealth Conference

Music- “Double Shot”, by the Swingin’ Medallions, “Last Night”, by Chris Anderson, “Kang Wang”, by K Wang

- 4 cts.- R foot touch to the side and back, then slide step R
- 4 cts.- Repeat above to the L
- 4 cts.- Touch R foot front and hold, jump switch L foot front and hold
- 4 cts.- Jump switch R, L, R, then slide L foot together with the R (to make this a 4 wall dance, simply turn $\frac{1}{4}$ to the L while doing these last 4 steps)

Celebration Dance, or the New Jersey Wave (4 Wall Line)

Music- Any good beat... “100% Pure Love”, by Crystal Waters, or “We Like to Party”, by the Venga Boys, or “Hey Baby” (many versions)

- 8 cts.- 2 hands pump (2 counts each)...up to the R, up to the L, down R, down L
- 4 cts.- 2 hands pump (1 count each as above)...up R, up L, down R, down L
- 4 cts.- R hand slap L shoulder, L hand slap R shoulder (arms now crossed), R hand to R hip, L hand to L hip
- 4 cts.- With hands still on hips, jump forward, hold, jump turn $\frac{1}{4}$ to the R, hold

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