

East Coast Groove



Competition Step Sheet

DIVISION: INTERMEDIATE - LILT

Description: 64 Counts, 2 Walls, East Coast Swing, Non-Country

Choreographer: Paul McAdam & Nicola Lafferty

Music: "Love Really Hurts Without You" by Billy Ocean (The Billy Ocean Collection)

Count in: 32 Count Intro

Tags: There are 2 tags in this dance: after wall 2 and wall 4 there is an 8 count tag.
Repeat the last 8 counts of the dance and begin again.

1-8 STEP & KICK & BEHIND & KICK & CROSS, HOLD, UNWIND, BALL CHANGE

- 1 Step left foot forward and slightly across right foot
2&3 Kick right foot across in front of left foot, hitch right knee up, kick right foot behind left foot
&4& Hitch right knee up, kick right foot across in front of left foot, hitch right knee up
5,6 Cross right foot behind left foot, Unwind a full turn right transferring weight to LF
7&8 Hold, step ball of right foot down, step left foot to left side

9-16 TOUCH & HOP TURNS, KICK X 2 & SLIDE

- 1&2 Touch right toe to right side, whilst hitching right knee up, hop on left foot a ¼ turn left, step RF beside LF
3&4 Make a ¼ turn left and touch left toe to left side, whilst hitching left knee up hop on right foot a ¼ turn left, Step LF next to RF
5,6 Make a ¼ turn left pivoting on left foot, and kick right foot a low kick to right side twice
7,8 Step right foot a large step to right side, slide left foot up to right foot (no weight)

17-24 SAILOR STEP 1/2 TURN, 2 X 1/2 TURNS, SAILOR STEP, HOLD, BALL CHANGE

- 1&2 Cross left foot behind right foot, make a ¼ turn left and step right foot to right side, make a ¼ turn left and step forward on left foot
3,4 Make a ½ turn right and step forward on right foot, pivot a ½ turn right on right foot and step back on left foot
5&6 Cross right foot behind left foot, make a ¼ turn right and step left foot to left side, make a ¼ turn right and step forward on right foot
7 Hold a count
&8 Step ball of left foot down, step right foot slightly forward

25-32 TAP HOP STEP, COASTER STEP, TRAVELLING KICK BALLCHANGES

- 1&2 Tap LF behind RF, Scoot back on RF, Step down on LF
3&4 Step RF back, Step LF next to RF, Step RF forward
5&6 Touch left toe to left side swivelling left heel in, step back on ball of left foot, cross right foot over left foot
7&8 Touch left toe to left side swivelling left heel in, step back on ball of left foot, cross right foot over left foot

33-40 KICKS, STEP DOWN WITH LEAN, STRAIGHTEN UP, HOLD, BALL STEP

- 1,2 Facing left diagonal, kick left foot forward twice
3,4 Touch left foot back, kick left foot a high kick forward
5,6 As you step down on left foot lean back, straighten up taking weight completely onto left foot
7&8 Hold, Step R foot next to L foot, Step L foot to L diagonal

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41-48 CROSS TOUCH HOP X 2, CROSS HOLD, UNWIND, 2 X HIP BUMPS, 2 X SAILOR STEPS

- 1,2& Squaring up to 12 o'clock, Cross right foot over left foot, touch left toe to left side, hitch left knee in as you hop on right foot
3,4& Cross left foot over right foot, touch right toe to right side, hitch right knee in as you hop on left foot
5,6 Cross right foot over left foot, unwind a ½ turn left, finishing with feet in 2nd position, weight staying on RF
7,8 Bump Hips to L, Bump Hips to R

49-56 SAILOR STEPS, SIDE STEP CROSSES WITH KNEE KNOCKS

- 1&2 Cross LF behind RF, Step RF to R side, Step LF in place
3&4 Cross RF behind LF, Step LF to L side, Step RF in place
&5 Step left foot to left side turning knees out, bring knees together
&6 Cross right foot slightly over left turning both knees out, bring knees together
&7 Step left foot to left side turning knees out, bring knees together
&8 Cross right foot slightly over left turning both knees out, bring knees together

During counts 49-56 you are facing 7.30 but moving diagonally sideways towards 4.30

57-64 SLOW SKATES THEN QUICK SKATES MAKING FULL TURN

- 1,2 Make a ¼ turn left and skate left foot forward, hold a count
3,4 Make a ¼ turn left and skate right foot forward, hold a count
5,6 Make a ¼ turn left and skate left foot forward, skate right foot forward
7,8 Make a ¼ turn left and skate left foot forward, skate right foot forward

57-64 are done in a large circle making a full turn; dancers should finish facing 6 o'clock

START AGAIN

Dancers should dance Wall 1: Vanilla, Wall 2: Vanilla, Tag: Vanilla, Wall 3: Variation, Wall 4: Vanilla, Tag: Vanilla, Wall 5: Variation.