

Every Step in The Book (Almost)

Count: 32 Wall: 4 Level: Improver

Choreographer: Pat Stott (October 2018)

Music: Down at The Twist and Shout by Shauna McStravock



Commence on vocals 16 count intro from start of track (9 seconds)

Touch - out, in, out, behind, side, cross, touch - out, in, out, behind, side, forward

- 1&2. Touch right toe out to right, touch next to left, touch right toe out to right
- 3&4. Right behind left, left to left, cross right over left
- 5&6. Touch left toe out to left, touch next to right, touch left toe out to left
- 7&8. Left behind right, right to right, step forward on left

Mambo forward, back lock, coaster step, 3 runs forward

- 1&2. Rock forward on right, recover on left, step slightly back on right
- 3&4. Back on left, cross right over left, back on left
- 5&6. Back on right, close left next to right, forward on right
- 7&8. 3 runs forward - left, right, left**

**** Restart here during walls 4 & 7**

Forward, recover, side, recover, coaster step, forward, recover, side, recover, 1/4 sailor step turning left

- 1&2&. Rock forward on right, recover on left, rock right to right, recover on left
- 3&4. Back on right, close left to right, forward on right
- 5&6&. Rock forward on left, recover on right, Rock left to left, recover on right
- 7&8. Left behind right, turn 1/4 left stepping right slightly to right, step in place on left

Side strut, Rock back, recover, side strut, Rock back, recover, 3 heel struts turning 1/2 right, stomp together

- 1&2& Right toe to right side, lower heel, Rock back on left (slightly behind right), recover on right
- 3&4&. Left toe to left side, lower heel, Rock back on right (slightly behind left), recover on left
- 5&6&7&. Gradually turning 1/2 to right - 3 heel struts forward - right, left, right
- 8. Stomp left next to right with weight

****2 Restarts on walls 4 (9 o'clock) & 7 (3 o'clock)- These are easy to hear as they are after the instrumental sections.**

Big finish at the end of the track, hold Ta Daaa!!

Choreographers note: This is perfect for beginners to move up to Improvers as it covers many of the steps they need to learn.

Happy birthday Janice! :-)

Last Update - 16th Oct. 2018