

Mrs P.D.

Petra Van de Velde (B)

Type : 32 count, 2 Wall, lilt (ECS)
Level : Intermediate
Music : "No One Needs To Know" Shania Twain (BPM 135)
"Barefootin" Alabama (BPM 150)

SLIDE BACK, KICK BALL STEP BACK, TRIPPLE TURN, KICK BALL CROSS

1 RF big step back (6:00)
2 LF drag over heel next to RF
3 LF kick back
& LF close on ball of LF
4 RF step forward (12:00)
5 LF ½ turn R (6:00)
& RF ½ turn R (12:00)
6 LF step in place
7 RF kick forward (1:30)
& RF close on ball of RF
8 LF cross over RF, ¼ turn L

SHUFFLE BACK with ¼ TURN L, COASTERSTEP, FULL TRIPPLE TURN, ¼ TURN R, CHASSE

1 RF step back (face 9:00)
& LF step close to RF
2 RF step back (3:00)
3 LF step back
& RF close next to LF
4 LF step forward
5 RF ½ turn R, step forward
(face 3:00)
& LF ½ turn R, step next to RF (9:00)
6 RF step forward (face 9:00)
& ¼ turn R (face 12:00)
7 LF step to the side (9:00)
& RF close next to LF
8 LF step to the side (9:00)

KICK BALL CROSS, CHASSE, ½ TURN L, CHASSE, ROCK STEP

1 RF kick diagonal forward (1:30)
& RF close on ball of RF (face 12:00)
2 LF cross over RF
3 RF step to the side (3:00)
& LF step next to RF
4 RF step to the side (3:00)
& ½ turn L (face 6:00)
5 LF step to the side (3:00)
& RF close next to LF
6 LF step to the side (3:00)
7 RF rock in front of LF (10:30)
8 LF recover (face 6:00)

TOE TOUCH, KNEE TWISTS with weight changes, KICKS DIAGONAL FORWARD, HITCH

1 RF touch toe to the side while
turning your right knee out
2 turn right knee in
3 turn right knee out
4 turn right knee in
5 turn right knee out
6 turn right knee in
* note: during counts 1-6 you transfer your
weight to the right and back to the left
7 RF kick diagonal left forward
(4:30)
8 RF kick diagonal right forward
(7:30)
& RF hitch