

## **Abcd**

count, 4 wall, Improver Gospel Linedance

Choreographed by: Eva Hansen & Tine Norup (DK) 2009

Choreographed to: Gospel Medley by Dana Winner

Intro: 32count

### **A. Mamalou**

#### **Section 1: HEEL DIGS, COASTER STEP, HEEL DIGS, COASTER STEP**

1 - 2 Touch right heel forward twice

3 & 4 Step back right, step left beside right, step right forward

5 - 6 Touch left heel forward twice

7 & 8 Step back left, step right beside left, step forward left

#### **Section 2: Point, Point, Sailor ¼ turn R, Point, Point, Sailor Step.**

1 - 2 Point right toe forward, Point right toe to right side

3&4 Step right behind left make ¼ turn right, step left to side, step forward on right

5 - 6 Point left toe forward, Point left toe to left side

7&8 Step left behind right, step right to side, step forward on left.

#### **Section 3: Kick Ball Change, RIGHT SHUFFLE Forward Rock, Shuffle back**

1 & 2 Kick right forward. Step right beside left. Step onto left in place.

3 & 4 Step forward right, close left beside right, step forward right

5 - 6 Rock left forward. Recover onto right

7 & 8. Step back left, close right beside left, step back left

#### **Repeat steps Section 1, 2, 3 Dance 3 wall**

1-4 right vine with ¼ turn right

5-8 left vine with touch

1-4 right vine with finger knips

5-8 left vine with finger knips

**End this dance with right Touch then start the next dance**

## **B. We Are Going Down Jordan -----**

### **Section 1: RIGHT HEEL HOOK, FLICK, FORWARD RIGHT SHUFFLE**

1-4 Touch R heel forward, Hook R across left shin, Touch R heel forward, Flick R heel back  
5-8 Shuffle forward stepping R, L, R touch.left to right

### **Section 2: LEFT HEEL HOOK, FLICK, FORWARD LEFT SHUFFLE**

1-4 Touch L heel forward, Hook L across Right shin, Touch L heel forward, Flick L heel back  
5-8 Shuffle forward stepping L, R, L touch.Right to Left

### **Section 3: MAMBO FORWARD, MAMBO BACK Pivot 1/4 Turn Left. Step. X 2**

1&2 Rock forward on right foot, rock back on left foot, and step back on right foot  
3&4 Rock back on left foot, rock forward on right foot, and step forward on left foot  
5 – 6 Step forward on Right. Pivot 1/4 turns Left.  
7 – 8 Step forward on Right. Pivot 1/4 turns Left.

### **Repeat steps of Section 1 & 2&3 2 Wall**

### **Section 4: RIGHT ROCK, RECOVER, SYNCOPATED WEAVE**

1-2 rock side right recover  
3&4 right behind left, left step side right cross over left  
5-6 rock side left recover  
7&8 left behind right, right step side left cross over right

### **Section 5: MAMBO, LOCK STEP, BACK ROCK SHUFFLE FORWARD**

1&2 Rock forward on right foot, rock back on left foot, step back on right foot  
3&4 step left back. Lock right across left step left back.  
5-6 rock back on Right foot, recover to Left foot  
7&8 Shuffle forward stepping R, L, R

### **Section 6: LEFT ROCK, RECOVER, SYNCOPATED WEAVE**

1-2 rock side left recover  
3&4 left behind right, right step side left cross over right  
5-6 rock side right recover  
7&8 right behind left, left step side right cross over left

### **Section 7: MAMBO, LOCK STEP, BACK ROCK SHUFFLE FORWARD**

1&2 Rock forward on left foot, rock back on right foot, step back on left foot  
3&4 step right back. Lock left across right step right back.  
5-6 rock back on left foot, recover to right foot  
7&8 Shuffle forward stepping L, R, L.

### **Section 1: RIGHT HEEL HOOK, FLICK, FORWARD RIGHT SHUFFLE**

1-4 Touch R heel forward, Hook R across left shin, Touch R heel forward, Flick R heel back  
5-8 Shuffle forward stepping R, L, R touch.left to right a

### **Section 2: LEFT HEEL HOOK, FLICK, FORWARD LEFT SHUFFLE**

1-4 Touch L heel forward, Hook L across Right shin, Touch L heel forward, Flick L heel back  
5-8 Shuffle forward stepping L, R, L touch.Right to Left

### **Section 3: MAMBO FORWARD, MAMBO BACK Pivot 1/4 Turn Left. Step. X 2**

1&2 Rock forward on right foot, rock back on left foot, and step back on right foot  
3&4 Rock back on left foot, rock forward on right foot, and step forward on left foot  
5 – 6 Step forward on Right. Pivot 1/4 turns Left.  
7 – 8 Step forward on Right. Pivot 1/4 turns Left.

### **1-4 PADLE TURNS X2 MED TOUTCH**

**Than start the next dance (left kick ball chance)**

## C. OLD TIME RELIGION -----

### Section 1: Left Kickball Change SHUFFLES ½ PIVOTS FULL TRIPPEL TURN

1&2 Kick forward on left, Step onto ball of left beside right, Step weight on right in place  
3&4 Step forward on left, Step right beside left, Step forward on left  
5-6 Step forward on Right. Pivot 1/2 Turn Left.  
7&8 Triple full turn right on the spot stepping right, left, and right.

### Section 2: Forward, Mambo Step Lock Step Back Left Coaster, Right Kickball Change,

1&2 Rock left forward. Recover onto right. Step left beside right.  
3&4 Step right back. Lock left across right. Step right back.  
5&6 Step back on left, Step right next to left, Step forward on left  
7&8 Kick forward on right, Step onto ball of right beside left, Step weight on left in place

### Section 3: Side Rock Cross Jazz Box With Cross

1&2 Rock right to right side Recover onto left Cross right over left  
3&4. Rock left to left side Recover onto right Cross left over right  
5-6 Cross step right over left. Step left back.  
7-8 Right to right. Cross left over right.

### Section 4: Rumba Box walk Walk Right Coaster,

1&2 Step right to right side, Step left next to right Step Right Forward  
3&4 Step Left to Left side step Right next to Left Step Left Back  
5-6 Walk Back on Right and Left  
7&8 Step back on right, Step left next to right, Step forward on right

## Repeat steps of Section 1 & 2 & 3&4 2Wall

### Dance Section 1

#### Section 1: Left Kickball Change SHUFFLE ½ PIVOT FULL TRIPPEL TURN

1&2 Kick forward on left, Step onto ball of left beside right, Step weight on right in place  
3&4 Step forward on left, Step right beside left, Step forward on left  
5-6 Step forward on Right. Pivot 1/2 Turn Left.  
7&8 Triple full turn right on the spot stepping right, left, and right.

#### Step Left forward & Right Forward Pivot 1/4 Turn Left. Step. X 2

& -1 - 2 Step Forward on Left Step forward on Right. Pivot 1/4 turns Left.  
3 – 4-& Step forward on Right. Pivot 1/4 turns Left. Touts right next to Left

Then start the next dance (whole world in his hand)

## D. WHOLE WORLD IN HIS HAND/ MICHAL RO YOUR BOAT -----

### (This and That)

#### **Section 1 Side, Touch (x 2) Side, Together, Forward, Touch**

- 1 - 2 Step right to right side. Touch left beside right.
- 3 - 4 Step left to left side. Touch right beside left.
- 5 - 6 Step right to right side. Step left beside right.
- 7 - 8 Step right forward. Touch left beside right.

#### **Section 2 Side, Touch (x 2) Side, Together, Back, Flick**

- 1 - 2 Step left to left side. Touch right beside left.
- 3 - 4 Step right to right side. Touch left beside right.
- 5 - 6 Step left to left side. Step right beside left.
- 7 - 8 Step left back. Flick right forward.

#### **Section 3 Coaster Step, Brush, Forward Lock Step, Brush**

- 1 - 2 Step right back. Step left beside right.
- 3 - 4 Step right forward. Brush left forward.
- 5 - 6 Step left forward. Lock right behind left.
- 7 - 8 Step left forward. Brush right forward.

#### **Section 4 Jazz Box 1/4 Turn, Extended Weave**

- 1 - 2 Cross step right over left. Step left back.
- 3 - 4 Make 1/4 turn right stepping right forward. Cross step left over right.
- 5 - 6 Step right to right side. Cross step left behind right.
- 7 - 8 Step right to right side. Cross step left over right.

Dance the dance 4 Wall

## **E. AMEN: This Little Light -----**

### **Section 1 Right and Left Side Steps with Touches.**

1 - 2 Step right to right side. Touch left beside right. Right Touch Right

3 - 4 Step left to left side. Touch right beside left. Left Touch Left

5 - 6 Step right to right side. Touch left beside right. Right Touch Right

7 - 8 Step left to left side. Touch right beside left. Left Touch Left

**Option:-If the spirit moves you, sway hands overhead as you step touch, or clap or click.**

**This is especially fun towards end of song.**

### **Section 2 Right Grapevine with 1/2 Turn, Brush, Left Grapevine, Touch.**

1 - 2 Step right to right side. Cross left behind right. Step Behind Right

3 - 4 Step right 1/4 turn right. Brush left forward making further 1/4 turn right. Turn Brush Turning right

5 - 6 Step left to left side. Cross right behind left. Step Behind Left

7 - 8 Step left to left side. Touch right beside left. Step Touch

### **Section 3 Right and Left Side Steps with Touches.**

**1 - 8 Repeat steps 1-8 of Section 1.**

### **Section 4 Right Grapevine with 1/2 Turn, Brush, Left Grapevine, Touch.**

**1 - 8 Repeat steps 1-8 of Section 2.**

### **Section 5 Step Forward, Kick, Step Back, Together, and leading Right then Left.**

1 - 2 Step forward on right. Low kick left forward. Step Kick Forward

3 - 4 Step back on left. Step right beside left. Back Together Back

5 - 6 Step left forward. Low kick right forward. Step Kick Forward

7 - 8 Step back right. Step left beside right. Back Together Back

### **Section 6 Step Forward, Kick, Step Back, Together, leading Right then Left.**

**1 - 8 Repeat steps 1-8 of Section 5.**

### **Section 7 Diagonal Step, Together, Step, Brush, Right then Left.**

1 - 2 Step right diagonally forward right. Step left beside right. Step Slide Forward

3 - 4 Step right diagonally forward right. Brush left forward. Step Brush

5 - 6 Step left diagonally forward left. Step right beside left. Step Slide Forward

7 - 8 Step left diagonally forward left. Brush right forward. Step Brush

### **Section 8 Forward Right, Hold, 1/4 Turn Left, Hold, Jazz Box Cross.**

1 - 2 Step forward right. Hold. Step Hold Forward

3 - 4 Pivot 1/4 turn left. Hold. Turn Hold Turning left

5 - 6 Step right across left. Step left back. Cross Back On the spot

7 - 8 Step right to right side. Step left Across right. Side Cross

**AMEN Dance the dance 2 Wall**

## **F. AMEN/ THIS AND THAT -----**

### **Section 1 Side, Touch (x 2) Side, Together, Forward, Touch**

- 1 - 2 Step right to right side. Touch left beside right.
- 3 - 4 Step left to left side. Touch right beside left.
- 5 - 6 Step right to right side. Step left beside right.
- 7 - 8 Step right forward. Touch left beside right.

### **Section 2 Side, Touch (x 2) Side, Together, Back, Flick**

- 1 - 2 Step left to left side. Touch right beside left.
- 3 - 4 Step right to right side. Touch left beside right.
- 5 - 6 Step left to left side. Step right beside left.
- 7 - 8 Step left back. Flick right forward.

### **Section 3 Coaster Step, Brush, Forward Lock Step, Brush**

- 1 - 2 Step right back. Step left beside right.
- 3 - 4 Step right forward. Brush left forward.
- 5 - 6 Step left forward. Lock right behind left.
- 7 - 8 Step left forward. Brush right forward.

### **Section 4 Jazz Box 1/4 Turn, Extended Weave**

- 1 - 2 Cross step right over left. Step left back.
- 3 - 4 Make 1/4 turn right stepping right forward. Cross step left over right.
- 5 - 6 Step right to right side. Cross step left behind right.
- 7 - 8 Step right to right side. Cross step left over right

### **Dans the dans 2 Wall**

1-6 Right side touts Left Side touts Right side touts Left

(Left Side Rock) the next dance The End

## **G. The Big End -----**

### **Section 1: Left Side Rock, behind side cross Right Side Rock Behind side Cross**

1 – 2 Rock Left to Left side Rock back onto Right  
3 & 4 Cross Left behind Right. Step Right to Right side. Cross Left over Right  
5 – 6 Rock Right to Right Rock back onto Left  
7 & 8 Cross Right behind Left. Step Left to Left side. Cross Right over Left

### **Section 2: Forward Mambo, Lock Step Back, and Rock back shuffle forward**

1 & 2 Rock forward on Left foot, rock back on Right foot, and step back on Left foot  
3 & 4 Step back on right lock left across right Step back on right  
5 - 6 Rock back onto left step forward on right  
7 & 8 Step left forward, step right together, step left forward

### **Section 3: RIGHT HEEL HOOK, FLICK, FORWARD RIGHT SHUFFLE**

1-4 Touch R heel forward, Hook R across left shin, Touch R heel forward, Flick R heel back  
5-8 Shuffle forward stepping R, L, R touch.left to right

### **Section 4: LEFT HEEL HOOK, FLICK, FORWARD LEFT SHUFFLE**

1-4 Touch L heel forward, Hook L across Right shin, Touch L heel forward, Flick L heel back  
5-8 Shuffle forward stepping L, R, L touch.Right to Left

### **Section 5: MAMBO FORWARD, MAMBO BACK Pivot 1/4 Turn Left. Step. X 2**

1&2 Rock forward on right foot, rock back on left foot, and step back on right foot  
3&4 Rock back on left foot, rock forward on right foot, and step forward on left foot  
5 – 6 Step forward on Right. Pivot 1/4 turns Left.  
7 – 8 Step forward on Right. Pivot 1/4 turns Left.

**Repeat steps of Section 3 & 4 & 5**

### **Forward Right & Left Shuffle Pivot 1/2 turns left. Left Shuffle 1/2 Turn**

1 & 2 Step forward right, close left beside right, step forward right  
3 & 4 Step left forward. Close right beside left. Step left forward.  
5 - 6 Step right forward. Pivot 1/2 turns left  
7&8 Make ½ turn Left stepping back on Right, close Left next to Right,

### **Back Rock Shuffle Forward Full Turn**

1 - 2 Rock back onto left step forward on right  
3 & 4 Step left forward, step right together, step left forward  
5 - 6 Turn 1/2 right and step right forward. Turn 1/2 right and step left back.  
7 - 8 Turn 1/2 right and step right forward. Step left forward.

### **Arms Up And Smile**