



Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

A - B 'L'

16 count, 1 wall, beginner level

Choreographer: Val Myers (UK) Dec 2002

Choreographed to: Lucille by The Deans, Album:
Speedy Gonzales (120bpm); Scrap Piece Of Paper
by Paul Brandt, Album: Step In Line Once
More(115bpm); God Created Woman by Anita
Cochran, Album: Step In Line Once More (129bpm);
Dance! Shout! by Wynona, Album: Line Dance Fever
1 (114bpm); or many other 4/4 beat tracks between
115-135bpm.

Intro: 64 counts

SECTION 1: WALK FORWARD x 3, TOUCH, WALK BACK x 3, TOUCH.

- 1-2 Step forward right, Step forward left.
- 3-4 Step forward right, Touch left beside right.
- 1-2 Step back left, Step back right.
- 3-4 Step back left, Touch right beside left.

SECTION 2: GRAPEVINE RIGHT, TOUCH, GRAPEVINE LEFT, TOUCH.

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

NOTE: This **EXERCISE** is intentionally choreographed as an "Absolute Beginners" (**A - B**) very first exercise. It takes A - B's from zero to first base, also hence A - B. It uses particularly easy steps for A - B's, with the following movement, in turn: Forward, Back, Right, Left, with ONE wall and NO turns. The Exercise is an "L" shape and is for "learners."

A - B's can dance A - B "L" positioned at the front of a split floor without being distracted by other dancers behind them.

It is also ideal for warm-ups and getting non line-dancers (when present) moving immediately.
