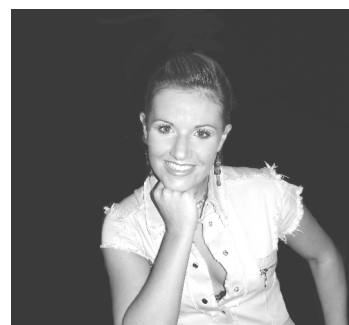




Valerie

Choreographed by Rachael McEnaney (October 2007)
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Description: 32 Counts, 4 Walls, Easy Intermediate
Music: Valerie - Mark Ronson Album: Version Approx 104bpm
Count In: 16 counts from start of track, dance begins on vocals.
Notes:

Section	Footwork	End Facing
Counts 1 - 8	Left mambo forward, Right Shuffle Back, Left Coaster Step, Two Heel Strutts forward	
1 & 2	Rock forward on left (1), recover weight onto right (&), step back on left (2)	12.00
3 & 4	Step back on right (3), step left next to right (&), step back on right (4)	12.00
5 & 6	Step back on left (5), step right next to left (&), step forward on left (6)	12.00
7 & 8 &	Right heel strut (heel, toe) (7&), Left heel strut (heel toe) (8&)	12.00
9 - 16	Right cross rock, Left cross rock with ¼ turn, Right heel rock, ball rock with ¼ turn, Right Shuffle	
1 & 2	Cross rock right over left (1), recover weight onto left (&), step right to right side (2)	12.00
3 & 4	Cross rock left over right (3), recover weight onto right making ¼ turn left (&), step forward on left (4)	9.00
5 &	Rock forward onto right heel (5), recover weight onto left (&),	9.00
6 &	Rock back onto ball of right making ¼ turn left (6), recover weight onto left (&)	6.00
7 & 8	Step forward on right (7), step left next to right (&), step forward on right (8)	6.00
17 - 24	Left rumba box, Left coaster step, Right toe heel cross	
1 & 2	Step left to left side (1), step right next to left (&), step forward on left (2)	6.00
3 & 4	Step right to right side (3), step left next to right (&), step back on right (4)	6.00
5 & 6	Step back on left (5), step right next to left (&), step forward on left (6)	6.00
7 & 8	Touch right toe next to left (7), touch right heel to right diagonal (&), cross right over left (8)	6.00
25 - 32	Left Charleston step, Left side rock cross, ¾ turning triple step.	
1 - 2	Touch left toe forward (1), step back on left (2)	6.00
3 - 4	Touch right toe back (3), step forward on right (4)	6.00
5 & 6	Rock left to left side (5), recover weight onto right (&), cross left over right (6)	6.00
7 & 8	Make ¼ turn left stepping back on right (7), make ½ turn left stepping forward left (&), step forward right (8)	9.00

START AGAIN, HAVE FUN! ☺