



# A-B 'L'

Choreographer : **Val MYERS** ( UK ) Déc 2002

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Description : 1 wall Absolute Beginner line dance / EXERCISE (16 counts)

Choreographed to : **Lucille by The DEANS** (120bpm) - Intro : 64 counts

Alternative Music : Scrap Piece of Paper" by Paul BRANDT(115bpm)

God Created Woman" by Anita COCHRAN (129bpm)

Dance! Shout! by WYNONNA (114bpm)

(or many other 4/4 beat tracks between 115-135bpm)

## SECTION 1

### **1-8 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

### **9-16 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.

START AGAIN AND ENJOY

**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.

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