

Henry Costa's
STROLLIN'



Description: Line Dance (64 cts.) 2 Wall - Intermediate - Sept. 22nd, 2001
 Choreographer: Henry Costa San Lorenzo, CA, U.S.A. 510-278-8994 henrycosta@hotmail.com
 Web Site: "Hopping Mad!" Henry Costa's Line Dance Page" <http://henrycosta.freeyellow.com>
 Choreographed to: "Streetwalker" (120 BPM) by Michael Jackson CD: "Bad Special Edition"
 Country Selection: "Walkin' On Me (He Man Mix)" (124 BPM) by Big House CD: "Toe The Line 4"
 Alternate Selections: "Sweet Love" (140 BPM) by Marty Stuart CD: "Toe The Line 3"
 "Fonatik" (108 BPM) by K.R.U. CD: "Asia Top II" and "krumanica"
 "The Heart of Rock & Roll" (152 BPM) by Huey Lewis and the News CD: "Sports"
 "A Taste Of Boogie" (118 BPM) by Carboo CD: "Line Dance Fever 8"
 Or use any song, you love that makes you want to dance!!!

Choreographer's Note: This dance was originally choreographed for the St. Rose Hospital's 39th Annual People's Choice Award's "2001 A St. Rose Odyssey" which was held on Saturday evening, October 13th at St. Rose Hospital's Grand White Tent. I was asked to choreograph a section of the awards entertainment, known as "The Heart of St. Rose" named by Pam Russo. Because of the response to the choreography the night of the award show, I decided to make it into a line dance. This dance is dedicated to all the employees of St. Rose Hospital located in Hayward, CA, USA, especially to the "Henry Costa Dancers!"

WRITTEN DESCRIPTION

FORWARD RIGHT, 1/2 PIVOT LEFT, RIGHT FORWARD, LEFT FORWARD, RIGHT KICK FORWARD, RIGHT NEXT TO LEFT, TOE TAP BACK, LEFT NEXT TO RIGHT
 1-2 right step forward, 1/2 pivot left (weight transferred - now on left)
 3-4 right step forward, left step forward
 5-6 right kick forward, right step next to left
 7-8 left toe tap back, left step next to right

FORWARD RIGHT, 1/2 PIVOT LEFT, RIGHT FORWARD, LEFT FORWARD, RIGHT KICK FORWARD, RIGHT NEXT TO LEFT, TOE TAP BACK, LEFT NEXT TO RIGHT
 1-2 right step forward, 1/2 pivot left (weight transferred - now on left)
 3-4 step forward right, left step forward
 5-6 right kick forward, right step next to left
 7-8 left toe tap back, left step next to right

FORWARD RIGHT, 1/2 PIVOT LEFT, FORWARD RIGHT, FORWARD LEFT, TOE TAP BACK, BACK RIGHT, TOE TAP FORWARD, FORWARD LEFT
 1-2 right step forward, 1/2 pivot left (weight transferred - now to left)
 3-4 right step forward, left step forward
 5-6 right toe tap back, right step back
 7-8 left toe tap forward, left step forward

CROSS RIGHT, BACK LEFT, RIGHT NEXT TO LEFT, HOLD, CROSS LEFT, BACK RIGHT, LEFT NEXT TO RIGHT, HOLD
 1-2 cross right across front of left, left step back
 3-4 right step next to left, HOLD
 5-6 cross left across front right, right step back
 7-8 left step next to right, HOLD

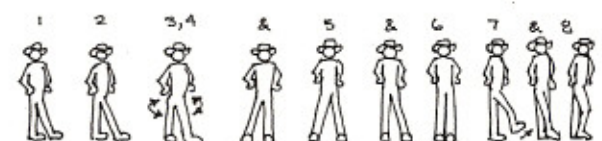
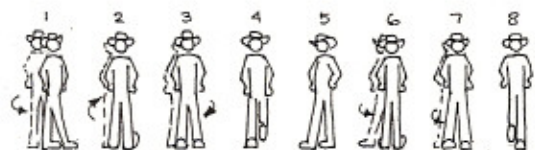
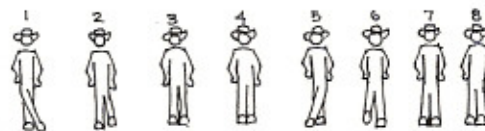
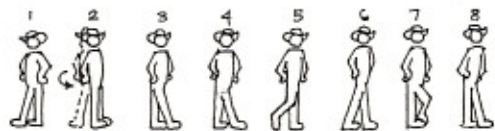
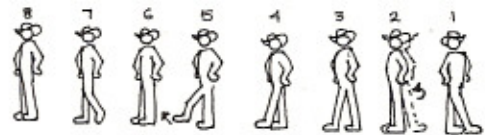
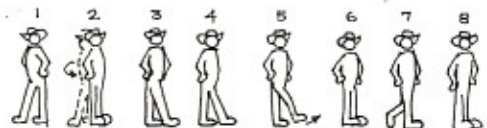
1/4 TURN RIGHT, 1/4 TURN RIGHT, 1/2 TURN RIGHT, LEFT TOE TOUCH NEXT TO RIGHT, 1/4 TURN LEFT, 1/4 TURN LEFT, 1/2 TURN RIGHT, RIGHT TOE TOUCH NEXT TO LEFT
 1-2 1/4 turn right (with right foot facing side wall), 1/4 turn right (with left foot swinging around stepping down on left, weight now on left)
 3-4 1/2 turn right (with right foot swinging around back of left, stepping down on right, weight on right), left toe touch next to right
 5-6 1/4 turn left (with left foot facing side wall), 1/4 turn left (with right foot swinging around stepping down on right, weight now on right)
 7-8 1/2 turn left (with left foot swinging around back to right, stepping down on left, weight on left), right toe touch next to left

FORWARD RIGHT, FORWARD LEFT, FORWARD RIGHT, LEFT TOUCH NEXT TO RIGHT WITH CLAP, BACK LEFT, BACK RIGHT, CROSS LEFT, HOLD
 1-2 right step forward, left step forward
 3-4 right step forward, left toe touch next to right (with hand clap)
 5-6 left step back, right step back
 7-8 cross left across front of right, HOLD

UNWIND 7 COUNTS, TOUCH LEFT NEXT TO RIGHT
 1-2 start to unwind slowly right, cont. to unwind (1/4 of the way)
 3-4 cont. to unwind slowly right, cont. to unwind to right (1/2 of the way)
 5-6 cont. to unwind right, then cont. to unwind right (now 3/4 of the way)
 7-8 now at starting point unwound (weight now on right), touch left next to right

FORWARD LEFT, FORWARD RIGHT, CCW HIP ROLL, OUT-OUT, IN-IN, KICK BALL CHANGE
 1-2 step forward left, step right next to left
 3-4 start hip roll to CCW (counter clock wise) weight left to right, finish hip roll weight right to left
 5&6 right step side right, left step side left (feet shoulder distance apart), right step to center, left step to center (feet are together, weight on left)
 right heel raised on right
 7&8 right kick forward, step down on ball of right, weight change to left

VISUAL DESCRIPTION



Begin Again!