

A - B TICKET



Chorégraphe : Val MYERS - Stanmore, MIDDX - ANGLETERRE / Avril 2002

LINE Dance : 32 temps - **1 mur**

Niveau : **Absolute - Beginner**

Musique : Cry to me - Ronnie McDOWELL - BPM 115

One way ticket - LeeAnn RIMES - BPM 120

Traduit et préparé par Irène COUSIN, Professeur de Danse - 8 / 2007

Introduction : 32 temps

HEEL STRUT FORWARD, HEEL STRUT FORWARD, HEEL STRUT FORWARD, HEEL STRUT FORWARD

- 1.2 **HEEL STRUT D** : pas talon D avant - *DROP* : abaisser pointe PD au sol
- 3.4 **HEEL STRUT G** : pas talon G avant - *DROP* : abaisser pointe PG au sol
- 5.6 **HEEL STRUT D** : pas talon D avant - *DROP* : abaisser pointe PD au sol
- 7.8 **HEEL STRUT G** : pas talon G avant - *DROP* : abaisser pointe PG au sol

*WALK BACK RIGHT, WALK BACK LEFT, WALK BACK RIGHT, TOUCH,
STOMP LEFT, STOMP RIGHT, STOMP LEFT, TOUCH*

- 1.2.3 pas PD arrière - pas PG arrière - pas PD arrière
- 4 TAP PG à côté du PD
- 5.6 STOMP PG à côté du PD - STOMP PD à côté du PG
- 7.8 STOMP PG à côté du PD - TAP PD à côté du PG

GRAPEVINE RIGHT, TOUCH, GRAPEVINE LEFT, TOUCH

- 1.2.3 *VINE à D* : pas PD côté D - CROSS PG derrière PD - pas PD côté D
- 4 TAP PG à côté du PD
- 5.6.7 *VINE à G* : pas PG côté G - CROSS PD derrière PG - pas PG côté G
- 8 TAP PD à côté du PG

*FORWARD RIGHT HIP BUMPS, BACK LEFT HIP BUMPS,
RIGHT HIP BUMPS, LEFT HIP BUMPS, RIGHT HIP BUMPS, LEFT HIP BUMPS*

- 1&2 petit pas PD sur diagonale avant D ↗ BUMP HIPS D ↗ - BUMP HIPS G ↙ - BUMP HIPS D ↗
- 3&4 petit pas PG sur diagonale arrière G ↙ BUMP HIPS G ↙ - BUMP HIPS D ↗ - BUMP HIPS G ↙
- 5 à 8 *BUMP HIPS alternés* : D ↗ - G ↙ - D ↗ - G ↙

A-B TICKET

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

Contact : Phone 0208 907 7374 - Email v.myers@kingston.ac.uk

Description : 1 wall **A**bsolute **B**eginner line dance (32 counts)

Choreographed to : **"One Way Ticket" by Lee Ann Rimes** (120bpm) (The No. 1 Line Dancing Album)

Intro : 32 counts

Alternative Music : "Cry to Me" by Ronnie McDowell (115bpm) (Album: Line Dance Fever 12)

SECTION 1 / 1-8 HEEL STRUTS FORWARD x 4.

- 1-2 Step right heel forward, Drop right toe taking weight.
- 3-4 Step left heel forward, Drop left toe taking weight.
- 5-6 Step right heel forward, Drop right toe taking weight.
- 7-8 Step left heel forward, Drop left toe taking weight.

SECTION 2 / 9-16 WALK BACK x 3, TOUCH, STOMPS x 3 TOUCH.

- 1-2 Step back right, Step back left.
- 3-4 Step back right, Touch left beside right.
- 5-6 Stomp left in place, Stomp right in place.
- 7-8 Stomp left in place, Touch right beside left.

SECTION 3 / 17-24 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.

SECTION 4 / 25-32 FORWARD RIGHT HIP BUMPS, BACK LEFT HIP BUMPS, HIP BUMPS X 4.

- 1&2 Small step - right diagonally forward, bumping right hip diagonally forward, back, forward.
- 3&4 Bump left hip diagonally back, forward, back.
- 5-8 Bump hips diagonally – right, left, right, left.

START AGAIN AND ENJOY

NOTE : This dance is intentionally choreographed as an "Absolute Beginners" (A - B) dance. It takes A - B's from zero to first base, also hence A - B. It has been carefully designed to use easy steps for A - B's, with the following movement, in turn: Forward, Back, On the spot, Right, Left, On the spot with ONE wall and NO turns. N.B. there is a lot (for A - B's) in the dance, without the complication of turns and orientation.

A - B's can dance "A - B Ticket" positioned at the front of a split floor without being distracted by other dancers behind them and it is also ideal for situations where non line-dancers may be included.

The bumps are the fun bit!

<http://www.vmyers.com/dances.shtml>