



# McMotion

Choreographed by Linda McCormack (UK) & Rachael McEnaney (UK/USA)

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<b>Description:</b>	104 Counts, 1 Wall, Advanced Line Dance with West Coast Swing feel.
<b>Music:</b>	"The Locomotion (Live)" – Kylie Minogue (Album: Showgirl – Homecoming Live) (approx 4.43 mins). Approx 95bpm.
<b>Count In:</b>	8 counts from when first beat kicks in, start dancing at approx 35secs.
<b>Notes:</b>	<b>A, B, A (with ¼ turn), B, B, A, B, B END.</b>

Section	Footwork	End Facing
<b>A 1 - 8</b>	<b>Part A: Step R to R diagonal, touch L with hip bump, Step L to diagonal, touch R with hip bump, R fwd rock, R back, ½ turn L</b>	
1 2	<b>Begin the dance facing the back:</b> Step R to right diagonal (1), touch L next to R as you bump hip to left (2),	6.00
3 4	Step L to left diagonal (3), touch R next to L as you bump hip right (4)	6.00
5 6 7 8	Rock R forward (5), recover weight L (6), step back R (7), make ½ turn left stepping forward L (8)	12.00
<b>2<sup>nd</sup> wall</b>	At end of part B on 1 <sup>st</sup> wall you will be facing 3.00: Do the first 8 counts as above but on count you will make a ¼ turn left ( <i>not</i> ½)	
<b>A 9 - 16</b>	<b>Walk fwd R-L, R side ball change, R cross, L side ball change, R step, L cross, ¾ turn L</b>	
1 2 & 3 4	Step forward R (1), step forward L (2), step ball of R to right side (&), step slightly forward L (3), cross R over L (4)	12.00
& 5 6	Step ball of L to left side (&), step slightly forward R (5), cross L over R (6),	12.00
7 8	Make ¼ turn left stepping back R (7), make ½ turn left stepping forward L (8)	3.00
<b>17 - 24</b>	<b>¼ turn L stepping side R, L ball-cross R, L sweep, L cross, ¼ R shuffle, ½ L shuffle</b>	
1 & 2	Make ¼ turn left taking big step with R to right ( <i>drag L toe towards R</i> ) (1), step slightly back on ball of L (&), cross R over L (2)	12.00
3 4	Sweep L foot from back to front (3), cross L over R (4)	12.00
5 & 6	Make ¼ turn right stepping forward R (5), step L next to R (&), step forward R (6)	3.00
7 & 8	Make ½ turn left stepping forward L (7), step R next to L (&), step forward L (8)	9.00
<b>25 - 32</b>	<b>Running "paddle turn" R (full turn), L side rock, L behind, R side, L cross</b>	
1 &	Step forward R making 1/8 turn right (1), step ball of L forward making 1/8 turn right (&),	12.00
2 &	Step forward R making 1/8 turn right (2), step ball of L forward making 1/8 turn right (&),	3.00
3 &	Step forward R making 1/8 turn right (3), step ball of L forward making 1/8 turn right (&),	6.00
4 5 6	Step forward R making 1/4 turn right (4), rock L to left (5), recover weight R (6)	9.00
7 & 8	Cross L behind R (7), step R to right side (&), cross L over R (8)	9.00
<b>33 - 40</b>	<b>Big step R with drag, L ball-cross R, L sweep, L cross, ¼ R shuffle, ½ L shuffle (similar to counts 17-24)</b>	
1 & 2	Take big step R ( <i>drag L toe towards R</i> ) (1), step slightly back on ball of L (&), cross R over L (2)	9.00
3 4	Sweep L foot from back to front (3), cross L over R (4)	9.00
5 & 6	Make ¼ turn right stepping forward R (5), step L next to R (&), step forward R (6)	12.00
7 & 8	Make ½ turn left stepping forward L (7), step R next to L (&), step forward L (8)	6.00
<b>41 - 48</b>	<b>R 'dorothy step', diagonal L, ½ turn R sailor step, 1/8 R with L ball-cross R, ¼ R with slide L, ¼ R flick L</b>	
1 2 & 3	Step R to right diagonal (1), lock ball of L behind R (2), step R to right diagonal (&), step L to left diagonal (3)	6.00
4 & 5	Lock ball of R behind L (4), make ¼ turn right stepping L next to R (&), make ¼ turn right stepping forward R ( <i>angle to diagonal 1.30</i> ) (5)	1.30
& 6	<i>Still facing diagonal (1.30):</i> Step ball of L to left side (&), cross R over L (6)	1.30
7 8	Make ¼ turn R taking big step to left with L (7), make ¼ turn R stepping R next to L as you flick L foot back (8) ( <i>styling: we like to make count 7 a slide on the floor with L foot</i> )	6.00
<b>49 - 56</b>	<b>L fwd, R kick, x2 R ball change, walk fwd R-L-R, ½ pivot turn L</b>	
1 2 & 3	Step forward L (1), kick R forward (2), step slightly back on ball of right (&), step in place L (3),	6.00
& 4	Step slightly back on ball of right (&), step in place L (4)	6.00
5 6 7 8	Step forward R (5), step forward L (6), step forward R (7), pivot ½ turn L (8)	12.00

<b>57 - 64</b>	<b>Side R, touch L, side L touch R, 1 ¾ rolling turns to R,</b>	
1 2	Step R to right side (1), touch L next to R (2) <b>Optional arms:</b> lift R arm straight up (1), bring R arm down as if touching L shoulder (&), take R arm straight down to right side 45° (2)	12.00
3 4	Step L to left side (3), touch R next to L (4) <b>Optional arms:</b> lift L arm straight up (3), bring L arm down as if touching R shoulder (&), take L arm straight down to left side 45° (4)	12.00
5 6	Make ¼ turn right stepping forward R (5), make ½ turn R stepping back L (6),	9.00
7 8	Make ½ turn R stepping forward R (7), make ½ turn R stepping back L (8)	9.00
<b>65 – 72</b>	<b>¼ R with Syncopated chasse R (with optional body roll), hold, hip bump L-R, big hip circle L</b>	
1 2	Make ¼ turn right stepping R to right side as you begin optional body roll backwards (angle body to 10.30) (1), hold or finish bodyroll(2)	12.00
& 3 4	Step L next to R (&), step R to right side as you begin optional body roll backwards (angle body to 10.30) (3), hold or finish bodyroll (4)	12.00
5 6 7 8	Bump hips to left (5), bump hips to right (6), take hips left and continue making a circle with hips counter-clockwise (weight ends L) (8)	12.00
<b>B 1 - 8</b>	<b>PART B: R vaudeville, L vaudeville with ¼ L, R vaudeville, R ball, L cross, R back</b>	
1 & 2	Cross R over L (1), step L to left side (&), touch R heel to right diagonal (2)	12.00
& 3 & 4	Step in place on R (&), cross L over R (3), make ¼ turn left stepping back R (&), touch L heel to left diagonal (4)	9.00
& 5 & 6	Step in place on L (&), cross R over L (5), step left to left side (&), touch R heel to right diagonal (6)	9.00
& 7 8	Step in place on R (&), cross L over right (7), step back R (8)	9.00
<b>9 - 16</b>	<b>Step L next to R, take big step fwd R, brush L, ¼ turn R stepping side L, touch R, hold, ¼ turn R stepping out-out (R-L), hold, step in-in (R-L), step out-out (R-L)</b>	
& 1 2	Step L next to R (&), take big step forward R (1), brush L next to R (2)	9.00
& 3 4	Make ¼ turn right stepping L to left side (&), touch R next to L (3), hold ( <i>snap fingers above head for style</i> ) (4)	12.00
& 5 6	Make ¼ turn right stepping R to right side (slightly back) (&), step L to left side (5), hold (6)	3.00
& 7 & 8	Step slightly back on R (&), step L next to R (7), step R to right side (slightly back) (&), step L to left side (8)	3.00
<b>17 - 24</b>	<b>R jazz box, ¼ turn L into R weave</b>	
1 2 3 4	Cross R over L (1), step back L (2), step R to right side (3), step forward L (4)	3.00
& 5 & 6	Make ¼ turn left stepping R to right side (&), cross L behind R (5), step R to right side (&), cross L over R (6)	12.00
& 7 & 8	Step R to right side (&), cross L behind R (7), step R to right side (&) cross L over R (8)	12.00
<b>25 - 32</b>	<b>R point, R cross, L point, L cross, ¼ turn R with R toe strut (see styling), L toe strut (see styling)</b>	
1 2 3 4	Point R to right side (1), cross R over L (2), point L to left side (3), cross L over R (4)	12.00
5 6	Make ¼ turn right as you press ball of R forward (5), drop R heel to floor ( <i>style: as you do this slide L foot back</i> ) (6)	3.00
7 8	Press ball of L forward (7), drop L heel to floor ( <i>style: as you do this slide R foot back</i> ) (8)	3.00
	<b>A, B, A (with ¼ turn), B, B, A, B, B END.</b> 1 <sup>st</sup> wall: Do the whole dance through part A and part B, you will finish B facing 3.00 2 <sup>nd</sup> wall: See notes above under part A counts 1-8, you will make a ¼ turn left instead of ½ turn so that you are facing front to continue dance as before. Then do part B twice.	
<b>NOTES</b>	3 <sup>rd</sup> wall: Part A, then Part B followed by the ENDING below	
<b>END</b>	<b>For a nice finish: on 3<sup>rd</sup> wall – during second time of part B dance up to count 24, then have everyone run to the right and then towards the center for a big “TA-DA!!!” – jazz hands finishing pose!!</b>	

START AGAIN ☺ HAVE FUN