

CENTRED

Count: 64

Wall: 4

Level: Beginner / Intermediate

Choreographer: Vivienne Scott

Music: Centred by Sean Hogan (CD: Southern Sessions - Track 12-bonus track 2)

To purchase Sean's CD contact him at barn3muse@islandnet.com Say you are a line dancer friend of Vivienne's and if you are in North America he will ship it to you for \$12 including shipping & taxes. It will be slightly more for the UK and beyond. It is a terrific CD with some great dancin' songs on it. If you still have problems getting the music email me at linedanceviv@hotmail.com

Side Mambo, Sweep 1/4 Turn, Coaster Step, Touch

1-2 Rock Left To Left Side. Recover On Right.
3-4 Step Left Beside Right. Turn 1/4 Right Sweeping Right To Right Side
5-6 Step Right Back. Step Left Beside Right
7-8 Step Right Forward. Touch Left Beside Right

Step Touches Forward, Ba Ck, Coaster Step, Touch

9-10 Step Left Forward On Left Diagonal. Touch Right Beside Left With Clap
11-12 Step Right Back. Touch Left Beside Right With Clap
13-14 Step Left Back. Step Right Beside Left.
15-16 Step Left Forward. Touch Right Beside Left

(Alternative For 13-15 Triple Full Turn Over Left Shoulder)

Step Touches, Shuffle Back, Sweep Left

17-18 Step Right Forward On Right Diagonal. Touch Left Beside Right With Clap,
19-20 Step Left Back. Touch Right Beside Left With Clap
21-22 Step Right Back. Step Left Beside Right.
23-24 Step Right Back. Sweep Left Out To Left Side

Triple Full Turn, Scuff, Vine Right, Scuff

25-28 Cross Left Behind Right And Triple Full Turn Over Left Shoulder, L, R, L. Scuff Right Beside Left
29-32 Step Right To Right Side. Cross Left Behind Right. Step Right To Right Side. Scuff Left Beside Right

Vine Left With Touch, Right Heel Hitches

33-36 Step Left To Left Side. Cross Right Behind Left. Step Left To Left Side. Touch Right Beside Left
37-40 Touch Right Heel To Right Diagonal. Hitch. Touch Right Heel To Right Diagonal. Hitch

Hip Bumps With 1/4 Turn

41-44 Step Right To Right Side Bumping Hips Right, Centre, Right, Centre
(Styling: Bend Knees And Take Weight Completely Over Right)
45-46 Bump Hips Right. Turn 1/4 Left And Bump Hips Centre (Weight On Right)
47-48 Bump Hips Back. Bump Hips Forward Taking Weight On Left

Rhumba Box, Sweep Right

49-52 Step Right To Right Side. Step Left Beside Right. Step Right Forward. Hold
53-56 Step Left To Left Side. Step Right Beside Left. Step Left Back. Sweep Right Out To Right Side

Weave, 1/4 Turn Coaster Step, Touch

57-60 Cross Right Behind Left, Step Left To Left Side, Cross Right Over Left, Step Left To Left Side
61-62 Turn 1/4 Right & Step Right To Right Side. Step Left Beside Right
62-64 Step Right Forward. Touch Left Beside Right

Restart: On 3rd Wall Dance First 15 Counts, Then On Count 16 Step Right Beside Left Taking Weight On Right And Start Again.