

Keep Smilin'

Helen O'Malley

Nov '98

"KICKIN' COUNTRY" at the Shannon Centre

ALANE - 4 Walls (64 counts)

**Choreographed by Helen O'Malley
and Deirdre Fitzsimons - April, 1998**

***This dance is dedicated to all those people who have supported
the Marathon in Dublin over the last 4 years - Thank You!***

Choreographed to "Alane" by Wes (Non Country)

2nd Choice "How do I Live" Lee Ann Rimes (the remix)

Forward Heel rock - Roger Rabbits (Skip backs) ½ turn, shuffle step

Rock forward on left heel while raising right foot off the ground (1) Step right in place (2)

Optional arm movement - spread arms out from centre of body - waist height and bring back on 2
(&) Scoot back on right as left leg extends behind and (3) lock step left in behind right as you lift
right knee and (&) scoot back on left as right leg extends behind (4) lock step right in behind left.

Left shuffle step into a half turn left (5&6) Right Shuffle step forward (7&8)

Rock Step, Shimmy and half turn shuffle

Rock forward on left and back on right (9-10) (Optional Shimmy forward)

Step back on left and shimmy shoulders forward (11-12)

Step back on right and shimmy shoulders forward (13-14)

Left shuffle step into a half turn left (15-16)

Forward Heel Rock, Roger Rabbits (Skip backs) ½ turn, shuffle step

Rock forward onto right heel while raising left foot off the floor at the same time (17)

Step left foot in place (18)

(&) Scoot back on left as right leg extends behind, (19) lock step right in behind left as you lift left
knee, (&) scoot back on right as left leg extends behind, (20) lock step left in behind right.

Right Shuffle into a half turn right (21&22) Left shuffle forward (23&24)

Rock step, shimmy and half turn right shuffle

Rock forward on right rock back on left (25-26) (Optional Shimmy forward)

Step back on right and shimmy shoulders forward (27-28)

Step back on left and shimmy shoulders forward (29-30)

Right shuffle step into a half turn right (31-32)

Cross Rock, Sailor step, weave right and quarter turn

Cross rock left over right, step in place with right and step left in place (33&34)

Cross right behind left, step left to left side and step right to place (35&36)

Cross left over right, step right to right, cross left behind right and quarter turn right (37-40)

Step ½ pivot, full turn, shuffle steps x 2

Step forward left, pivot half turn right (41-42)

Triple step - left, right, left while spinning a full turn right (43&44)

Shuffle forward right, left, right (45&46), Shuffle forward left, right, left (47&48)

Forward Step, together, Applejack x 2

Step forward right, close left beside right (49-50) (leave enough space for applejacks!)

Take weight on right toe and left heel, swivel right heel and left toe to the left, return both feet to
place, take weight on left toe and right heel, swivel left heel and right toe to the right (52) return

both feet to place (repeat steps 49-50 and &51&52 = 53-56)

Kick forward, heel forward, step ½ pivot, toe taps and clicks

(57) Kick right forward (&) step in place right (58) left heel forward

(&) Step in place left, (59) step forward right (60) pivot ½ turn left

Step right beside left (slightly apart) as you tap your right toe for 4 counts and click your fingers
(right hand) out in front at 12 o'clock, 1 o'clock, 2 o'clock and 3 o'clock as you tap your toes (61-64)