

## Canada Winter Games Choreography

### By Rob & Kathie Ironside

#### **(0:00) Opening 16 counts of clapping**

#### **(0:07) Shuffle steps: 8 counts**

- 1&2 3&4 5&6 7&8
- LRL RLR LRL RLRMen
- RLR LRL RLR LRLWomen

#### **(0:11) ARM MOVEMENTS: 16 counts**

- 1-2 turn woman with Rt hand Outside CCW facing front right hand to women's right shoulder
- 3-4 Rt hand to woman's left shoulder
- 5-8 Turn woman CW one rotation Rt hand back on Rt shoulder
- 1-2 Rt hand to left shoulder
- 3-4 Lt hand to right shoulder
- 5-6 Turn lady clockwise one rotation stretch arms out
- 7-8 Lady kicks up right leg on 7 and brings it back down on 8

#### **(0:21) A. Jive**

- 1-4 Couple must adjust  $\frac{1}{4}$  turn CCW. Turn lady CCW inside turn  $1\frac{1}{2}$  rotations, arm over the head for first turn and free spin last  $\frac{1}{2}$
- 1-6 Basic starting with rock step
- 1-6 Twist turn (switch sides)
- 1-6 Twist turn (switch sides)
- 1-6 lead goes under left arm (switch sides)
- 1-4 Syncopation Sliding door with outside arms lifting straight 45 degrees
- 1-4 syncopation Sliding door with outside arms lifting straight
- 1-4 Closed walk around

#### **(0:35) B. Hits: Jive Slide to sweetheart with syncopations**

- 1-6 basic
- 1-6 slide arms with **punch** on rock step
- 1-6 to side by side sweet heart on leads right
- 1-6 inside turn to side by side sweet heat on leads left
- 1-4 syncopation  $\frac{1}{2}$  sliding door with **punch** on rock step (triple step, rock step)
- 1-4 syncopation in open (triple step, rock step)

#### **(0:49) C. Corus Polka/6 step**

- 1&2&3&4 side chasses (rotate  $\frac{1}{2}$  turn CW on 4)
- 5&6&7&8 side chasses (rotate  $\frac{1}{2}$  turn CW on 4)

- 1&2 side chasse (rotate  $\frac{1}{2}$  turn CW on 2)
- 3&4 side chasse (rotate  $\frac{1}{2}$  turn CW on 2)
- 5,6,7,8 walking steps, man turns lady 2 times CW with left hand

#### **6 Step**

- 1-6 closed basic
- 1-6 egg beater (both turn to their right on walk walk)
- 1-6 closed basic
- 1-6 Man turns lady CW with L hand on 5-6
- 7-8 Man does lariat overhead 2 times on 7-8
- 9-10 man does whip, whip on 9-10

#### **(1:04) Repeat B. Hits**

#### **(1:17) D. Corus standing pattern 32 counts**

- 1-4 Push both hands in the air 2 times
- 5-8 Turn CCW with arm diagonal 45 degrees, rt arm low
- 1-4 Lariat with right arm 2 times
- 5-8 Turn CW with arms diagonal 45 degrees, lt arm low
- 1-4 Lift left arm then right arm straight out from sides
- 5-8 Roll arms across body to right
- 1-8 4 lariat's, whip whip in time with music (Note: Transition to new position for line dance during last 8 counts)

#### **(1:32) E. Tush Push 32 counts**

(note: on last Push turn, so couples end up back to back)

- ladies do  $\frac{1}{8}$  turn,  $\frac{1}{8}$  turn
- men do  $\frac{1}{2}$  turn,  $\frac{1}{4}$  turn

#### **(1:45) F. Hoe Down 24 counts**

- 1-8 Do Sey Doe
- 1-8 side chasse box with arm swing in direction of travel
  - 1&2 Right together right  $\frac{1}{4}$  turn CCW
  - 3&4 Left together left  $\frac{1}{4}$  turn CCW
  - 5&6 Right together right  $\frac{1}{4}$  turn CCW
  - 7&8 Left together left  $\frac{1}{4}$  turn CCW
- 1-4 Bow/curtsy to another couple
- 1-4 Bow/curtsy to your partner

#### **Continue F. Round and round 16 counts**

- 1-6 join right elbows and walk around 360 degrees starting with right foot

- 7&8 coaster step: Step back on right foot, bring left foot together, step fwd rt foot
- 1-6 Join left elbows and walk around 360 degrees starting with left foot
- 7&8 coaster step: step back on left foot, bring right foot together, step fwdlt foot

#### **Transition to pinwheel/circle/grand swing 48 counts**

- 1-8 walk to pinwheel position
- 1-16 move pinwheel around and around with Pony step:
  - right leg straight let right heel land
  - left leg bent using left ball of foot only
- 1-8 walk to circle formation with partner (follow on right side)
- 1-16 Grand Swing (Head back to your partner by last 4 counts of the 16 counts)

#### **(2:28) RepeatC: Corus polka/6 step**

Note: end ladies outside turn so that her back is to leads front, arms stretched out

#### **(2:42)G.Windmills to sweet heart**

- 1&2 chasse left together left sideways let go of right hand and both rotate ½ turn CCW
- 3&4 Chasse right together right sideways let go of left hand and both rotate ½ turn CCW
- 5&6 chasse left together left sideways let go of right hand and both rotate ½ turn CCW
- 7&8 Chasse right together right sideways let go of left hand and both rotate ½ turn CCW
- 9&10 chasse left together left sideways let go of right hand and both rotate ½ turn CCW
- 11&12 lead turns follow one rotation inside turn
- 13&14 leadgets follow to sweet heart position  
NOTE man does walk-walk while lady triples

#### **Side by side CCW turns**

- 1-6 using right hand inside turn, Leads right hand to hammerlock on inside turn
- 1-6 using left hand leads right hand back to sweet heart on outside turn
- 1-6 free spin to set position get ready for weave

#### **Weave**

- 1-6 lead walks under on walk-walk, switch sides
- 1-6 follow walks under on walk-walk, switch sides
- 1-6 lead walks under on walk-walk, switch sides
- 1-6 follow walks under on walk-walk, switch sides

Note: Prep for flares

#### **Continue G.Flares**

- Both turn
  - 1&2 side chasse hold both hands facing partner
  - 3&4 triple step flare forward as prep for turn
  - 5-6 Both rotate 1 ¼ turns to face partner
- Both turn
  - 1&2 side chasse facing partner both hands
  - 3&4 triple step flare backward as a prep for turn
  - 5-6 Both rotate 1 ¼ turns to face partner
- Follow only turn
  - 1&2 side chasse hold both hands facing partner
  - 3&4 triple step flare forward as prep for turn
  - 5-6 left hand outside turn, follow turns only
- Follow only turn
  - 1&2 side chasse facing partner both hands
  - 3&4 triple step flare backward as a prep for turn
  - 5-6 right hand outside turn, follow turns only
- Walk to straight line transition
  - 1-8 8 counts to make straight line

#### **(3:21)Ending**

- 1-8 4 lariats, whip-whip
- 1-4 turn CCW 360 degrees bent forward with arms back
- 5-8 start to raise up arms slowly
- Punch straight up on HIT

#### **Summary**

##### **Opening**

- Jive**
- Hits**
- Corus, Polka/six step**
- Hits**
- Corus, Standing pattern**
- Tush Push**
- Hoe Down**
- Corus, Polka/six step**
- Windmills**
- Ending (end of D standing pattern)**

