



Lets Get Ridiculous

Choreographers: Alison Johnstone & Luke Potts (AGE 9)-(Both Nuline Dance)

Contact: alison@nulinedance.com

Music: "Let's Get Ridiculous" by REDFOO – Single - Available on I tunes –

OR VIRTUALLY ANY SONG YOU CHOOSE – A great beginner easy fun dance

Level: Absolute Beginner/ **Beginner (Options see below)** 4 Wall Dance

Counts: 32 Counts

Start: Just after he says "let's go" 15 seconds

(1-8) Walk Forward Right, Left, Right, Left, Step Side Right, Touch Left Diagonal, Step Side left Touch Right Diagonal

1, 2 Walk forward Right, Walk forward Left

3, 4 Walk forward Right, Walk forward left

5, 6 Step Right side, Touch Left to Lft Diagonal (Option -sway hips, wave arms over head or shimmy)

7, 8 Step Left side, Touch Right to Rt diagonal (Option -sway hips, wave arms over head or shimmy)

(9-16) Walk Back Right, Left, Right, Left, Step Side Right, Touch Left Diagonal, Step Side left Tough Right Diagonal

1, 2 Walk back Right, Walk back Left

3, 4 Walk back Right, Walk back Left

5, 6 Step Right side, Touch Left to Lft Diagonal (Option -sway hips, wave arms over head or shimmy)

7, 8 Step Left side, Touch Right to Rt diagonal (Option -sway hips, wave arms over head or shimmy)

(17-24) Right Rocking Chair, Pivot ½ Left, Pivot ¼ Left (3.00)

1, 2 Rock forward on Right, Recover on Left

3, 4 Rock back on Right, Recover on Left

5, 6 Step forward Right, Pivot ½ over Left (weight transfer to Left)

7, 8 Step forward Right, Pivot ¼ over Left (weight transfer to Left)

(Option to circle arms over head when turning)

(If smaller children or Absolute Beginners -you can walk around as in the final section but ¾ only)

(25-32) Cross, Point, Cross, Point,

1, 2 Cross Right over Left, Point Left to Side

3, 4 Cross Left over Right, Point Right to Side

5,6,7,8 Walk in a full circle over Left walking Right, Left, Right, Left

(If smaller children or Absolute Beginners – you can wiggle/march on the spot)

*****OPTION TO MAKE THE LAST 4 COUNTS A BIT HARDER -Paddle Turns x4 (Full Turn)*****

5&6& Touch Right forward, Turn ¼ Left (&), Touch Right forward, Turn ¼ Left (&)

7&8 Touch Right forward, Turn ¼ Left (&), Turn ¼ Left touching Right to side

(Don't worry too much about the ¼ turns basically just touch turn over Left to the counts completing a full turn)- You can push arms to Right Side every time you Touch Right)

START AGAIN ☺

Choreographed for the Nuline Dance Schools/Beginners programme-

Options will be dependent on age/level)

We hope you enjoy ☺

