

1000 DANCES

NARR NARNAR NA HARRR

WRITTEN BY; DIANA BISHOP

SONG & ARTIST; LAND of a 1000 DANCES by JIMMY BARNES
2 WALL LINEDANCE , UPPER BEGINNER DANCE 'NO TAGS NO
RESTARTS'

START ON WORD "ALRIGHT"

BEATS

STEPS

1.2.3.4.5&6 CROSS TOEHEEL, BACK TOEHEEL, COASTER STEP

R TOEHEEL OVER L, L TOEHEEL BACK BEHIND R, STEP R BACK, BRING L
NEXT TO RIGHT, STEP L FWD,

1.2.3.4.5&6 CROSS TOEHEEL, BACK TOEHEEL, COASTER STEP

L TOEHEEL OVER R, R TOEHEEL BACK BEHIND L, STEP L BACK, BRING R
NEXT TO RIGHT, STEP R FWD,

1.2.3.4. V-STEP WITH HOLDS

STEP R AT 45deg, HOLD, STEP L AT 45deg, HOLD,

5.6.7.8. ELVIS KNEES

PUSH R KNEE INTO L KNEE, REPLACE WEIGHT ON TO R FOOT, AS YOU
PUSH L KNEE INTO R KNEE, REPLACE WEIGHT ONTO L FOOT, AS YOU PUSH
R KNEE TO L KNEE & HOLD.

1&2.3&4 SAILOR STEP, ½ TURNING SAILOR STEP (behind turn side side)

STEP R BEHIND L, STEP L TO L SIDE, STEP R TO R SIDE
STEP L BEHIND R, TURN ½ L, STEP R TO R SIDE, STEP L TO L SIDE

5&6.7&8 2 X SHUFFLES FWD

SHUFFLE FWD ON R,L,R, SHUFFLE FWD ON L,R,L

1.2.3.4 STEP TAP TAP, STEP TAP TAP, (HIT FISTS MASHED POTATO, MASHED POTATO)

STEP R TO R, TAP R HEEL TO FLOOR 2 TIMES, CLENCH FISTS L TO BOTTOM R ON TOP
HIT EACH OTHER 2 TIMES

STEP L TO L HOLD, TAP L HEEL TO FLOOR 2 TIMES, CLENCH FISTS R TO BOTTOM L
ON TOP HIT EACH OTHER 2 TIMES

5.6.7.8 HIPS BUMPS, PLACE HANDS ON HIPS

HIP BUMPS R,L,R,L, HANDS ON HIPS WHILE DOING BUMPS

36 BEATS

BEGIN AGAIN