

# DOUBLE XL

Choreographed by Nancy Morgan 2005

Dance Description: 48 Count, 4 wall, Upper Beginner/Lower Intermediate, East Coast Swing Rhythm

Music: XXL by Keith Anderson, CD: Three Chord Country and American Rock & Roll, BPM: 128

Start on verse (When singer starts singing.)

## **BACK ROCK, SHUFFLE FORWARD, TOE, HEEL, SHUFFLE IN PLACE**

- 1,2 Rock/step back on Right and forward on Left
- 3&4 Shuffle Forward - Right, Left, Right
- 5,6 Point Left toe in toward Right instep, put Left heel in toward Right instep
- 7&8 Shuffle in Place - Left, Right, left

## **STEP OUT, STEP, CROSS, 2 HIP ROLLS FOR A ½ TURN**

- &1,2 Put Right foot out to Right side, Put Left foot out to Left side, hold
- &3,4 Put Left in towards Right foot, Cross Right over Left, Hold
- 5,6 Hip Roll counter clock wise (or double time it) ¼ turn
- 7,8 Hip Roll counter clock wise (or double time it) ¼ turn

## **SHUFFLE FORWARD, FORWARD ROCK, SHUFFLE BACK , BACK ROCK STEP**

- 1&2 Shuffle Forward - Right, Left, Right
- 3,4 Rock/Step forward on Left and back on Right
- 5&6 Shuffle back - Left, Right, Left
- 7,8 Back Rock/Step on Right and forward on Left

**Note:** For added pizzaz - shuffle forward, 1/2 turn pivot, shuffle back making 1/2 turn, back rock step

## **TOUCH, STEP, TOUCH, STEP, KICK-BALL-CHANGE, KICK-BALL-CROSS**

- 1,2 Touch Right out to Right side, step forward on Right
- 3,4 Touch Left out to Left side, step forward on Left
- 5&6 Kick-Ball-Change - Kick Right foot forward, put Right next to Left as you lift Left foot off of ground, put Left next to Right
- 7&8 Kick-Ball-Change - Kick Right foot forward, put Right next to Left as you lift Left foot off of ground, cross Left over Right

## **SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, STEP BEHIND, STEP FORWARD ¼ TURN LEFT**

- 1&2 Side Shuffle to Right - Step Right to Right side, step left next to Right, Step Right to Right side
- 3,4 Rock Step - Rock/Step back on Left and forward on Right
- 5&6 Side Shuffle to Left - Step Left to Left side, step Right next to Left, Step Left to Left side
- 7,8 Step Right behind Left, Step forward on Left as you turn ¼ turn to Left

## **1/2 PIVOT, STEP, HITCH, STEP, HITCH, STEP FORWARD/PRESS AND BACK UP**

- 1,2 Step forward on Right, pivot ½ turn to Left
- 3,4 Step forward on Right, Hitch Left Knee up (bring knee halfway up)
- 5,6 Step forward on Left, Hitch Right knee up (bring knee halfway up)
- 7,8 Press/Step forward on Right heel and bring heel slightly up as if starting into a hitch.

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