

# Centered

Choreographer : Maddison Glover AUST , April 2009

Music : " Centered " Sean Hogan

Album : Southern Sessions

Description : 64 count , 4 Wall, 2 restarts , Easy Intermediate.

Begin the dance 6 seconds into song ( on vocals )

- 1-4** Step R to R side , Step L behind R , Step R fwd as you turn  $\frac{1}{4}$  R , Hold  
**5-8** Step L to L side as you turn  $\frac{1}{4}$  R , Step R behind L , Step L fwd as you turn  $\frac{1}{4}$  L , Hold .
- 1-4** Step R fwd , pivot  $\frac{1}{4}$  turn L , Cross R in front of L , Step L to L side  
**5-8** Rock back onto R , Hook L across R shin , Step L fwd , hold . **\*Restart\***
- (During the next 6 counts , you will be making a 90 degree turn to L )  
**1-6** Touch R heel slightly fwd , touch R toe slightly fwd as you pivot slightly to the L . Repeat this two more times !  
(Should now have made a 90 degree turn L )  
**7-8** Touch R to R side , flick R behind as you slap your foot .
- 1-4** Step R to R side , Step L behind R , Step R to R side , Step L in front of R  
**5-8** Step R to R side , Step L behind , turning  $\frac{1}{4}$  turn R and step R to R side , replace Weight onto L. **\*Restart 2\***
- 1-4** Cross step R over L . Step L Diagonally back L . Step R Diagonally back L .  
Cross step L over R.  
**5-6** Step back on R (Straighten up to 12 o'clock). Step L beside R.  
**7-8** Step fwd on R , Pivoting  $\frac{1}{2}$  L ( Transferring weight onto L )
- 1-4** Cross R over L ( Toe / Heel Strut ) , Step L to L side ( Toe / Heel Strut )  
**5-8** Cross R over L , Step L back , turn  $\frac{1}{4}$  R and step R to R fwd , Step L fwd .  
( Click Fingers on Toe/Heel Struts )
- 1-4** Kick R fwd , Touch R toe back , Pivot  $\frac{1}{2}$  turn R as you kick R fwd , Step R slightly fwd .  
**5-8** Kick L fwd , Touch L toe back , Pivot  $\frac{1}{2}$  turn L as you kick L fwd , Step L slightly fwd .
- 1-4** Touch R toe fwd , touch R to R side , Touch R behind L , Touch R to R side  
**5-8** Rocking chair : Step R fwd , Rock back onto L , Step R back , Rock fwd onto L.

**Restart 1 : Dance up to count 16 during 3<sup>rd</sup> sequence ( 6:00 )**

**Restart 2: Dance up to count 32 during 6<sup>th</sup> sequence ( 12.00 )**



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