

Natural Thing

Choreographed by Barry & Dari Anne Amato - 11/04 - www.barryamato.com

Music: Natural Thing by Nancy Hays - from the CD "Get In Line" - www.nancyhays.com

4 Wall/ 32 count/ low beginner line dance

Intro: 32 counts

rock step, cross, hold, rock step, cross, hold

1-2 Rock to the R side on R (1). Recover on L foot in place (2).

3-4 Cross the R foot over L (3). Hold (4).

5-6 Rock to the L side on L (5). Recover on R foot in place (6).

7-8 Cross the L foot over R (7). Hold (8).

rock forward, step, 1/4 turn, hold, 1/4 turn/rock forward, step together, hold

1-2 Rock forward on the R foot (1). Recover on L foot in place (2).

3-4 1/4 turn R on ball of L foot and step on R (3). Hold (4).

5-6 Open another 1/4 turn R on ball of R foot and rock forward on L foot (5). Recover on R in place (6).

7-8 Step L foot together with R (7). Hold (8).

toe strut, toe strut, touch side, front, side, center

1-2 Touch R toe to R side (1). Place heel and weight down on the R foot (2).

3-4 Cross L toe over R foot (3). Place heel and weight down on the L foot (4).

5-6 Touch R foot to the R side (5). Touch R foot front (6).

7-8 Touch R foot to the R side again (7). Touch R foot next to L (8).

walk, hold, walk, hold, jazz box with a 1/4 turn

1-2 Walk forward R (1). Hold (2).

3-4 Walk forward L (3). Hold (4).

5-6 Begin jazz box by crossing R over L (5). Step back on L foot (6).

7-8 Open 1/4 turn R and step on R (7). Step L foot together with R (8).

Start again!