

# Abdul's Comeback

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**Count:** —      **Wall:** —      **Level:** Phrased Intermediate

**Choreographer:** Karen Hedges & Nancy A Morgan (Apr 08)

**Music:** Dance Like There Is No Tomorrow by Paula Abdul & Randy Jackson (CD: Randy Jackson's [118bpm])

**Start: 16 counts then start or when she starts to sing**

**ABABABAB**

**You can also drop Part B and do the dance to Mercy by Duffy. Start the dance when she starts to sing!**

**PART A**

**Traveling Sailors (The Wiz), Step, Out**

- 1,2&** Step Right foot diagonally forward (1:00), step Left behind Right, step Right to Right side
- 3,4&** Step Left foot diagonally forward (11:00), step Right behind Left, step Left to Left side
- 5,6&** Step Right foot diagonally forward (1:00), step Left behind Right, step Right to Right side
- 7,8** Step Left foot forward, step Right foot out to Right side

**Body Roll Down, Body Roll Up, Swivel Knee In, Out With  $\frac{1}{4}$  Turn, Coaster Step**

- 1,2** Body Roll Down so that weight is on Left foot lifting Right heel off of Floor (Your body will be facing 2:00)

**Easy Alternate: Squat slightly down lifting Right heel of floor (Your body will be facing 2:00), Hold**

- 3,4** Body Roll Up now putting Right heel back on floor (Body is facing back at 12:00)

**Easy Alternate: Stand back up now putting Right heel back on floor (Body is facing back at 12:00), Hold**

**5,6 (Heel is off of floor, swiveling with ball of foot) Swivel Right knee in towards Left, swivel Right knee  $\frac{1}{4}$  turn to Right**

- 7&8** Step back on Right, back on Left, Forward on Right

**Step, Touch, Step, Touch, Jazz Box With A Touch**

- 1,2** Step Left forward, touch/Point Right toes out to Right side

- 3,4** Step Right forward, touch/Point Left toes out to Left side
- 5,6,7,8** Cross/step Left over right, step back on Right, step Left to Left side, touch Right next to Left

**Step Fwd, ¼ Turn, Hitch, Step Side, ¼ Turn, Hitch, Step Side, ¼ Turn Hitch, Step Back, ¼ Turn Hitch**

- 1,2** Step Right foot forward ¼ turn to Right, Bring Left knee up into a Hitch position
- 3,4** Step Left to Left side ¼ turn to Right, Bring Right knee up into a Hitch position
- 5,6** Step Right to Right side, Bring Left knee up into a Hitch position turning ¼ turn to Left
- 7,8** Step back on Left, Bring Right knee up into a Hitch position turning ¼ turn to Left

**PART B**

**Repeat FIRST 32 counts in Part A, then ADD the following 16 counts:**

**Camel Walk 2 Times, Step, Touch**

- 1,2,3** Step Right forward towards 2:00, While lifting Right heel off of floor - slide Left instep in towards the ball of your Right foot, Lift Left heel off of floor as you set your Right heel down
- 4,5,6** Step Left forward towards 10:00, While lifting Left heel off of floor - slide Right instep in towards the ball of your Left foot, Lift Right heel off of floor as you set your Left heel down
- 7,8** Step Right forward towards 1:00, While lifting Right heel off of floor - slide Left instep in toward the ball of your Right foot

**Step Back, Touch, Step Back, Touch, Step Back Touch, Heel Jack With Touch**

- 1,2** Step Left foot back towards 7:00 as you set your Right heel down, touch Right next to Left
- 3,4** Step Right foot back towards 5:00, touch Left next to Right
- 5,6** Step Left foot back towards 7:00, touch Right next to Left
- &7** Step back on Right, touch Left heel forward
- &8** Step Left, touch Right next to Left