

IMPULSE

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Count: 32

Wall: 2

Level: beginner/intermediate

Choreographer: Lee Birks & Lisa Mooney

Music: Horse To Mexico by Trini Triggs

LEFT KICK BALL CROSS, SIDE, RIGHT TURN, RIGHT KICK BALL CROSS, SIDE, HOLD

- 1&2** Kick left diagonally forward left, step left beside right, cross right over left
- 3-4** Step left to left side, turn body to right diagonal
- 5&6** Kick right forward, step right beside left, cross left over right
- 7-8** Step right to right side, hold

CROSS ROCK, CHASSE LEFT, CROSS, HOLD, SIDE STEP, CROSS, HOLD

- 9-10** Cross rock left over right, rock back onto right
- 11&12** Step left to left side, close right beside left, step left to left side
- 13-14** Cross right over left, hold, cross, hold
- &15-16** Step left to left side, cross right over left, hold

HEEL GRIND $\frac{1}{4}$ TURN LEFT, COASTER STEP, SHUFFLE FORWARD, ROCK STEP

- 17** Grind left heel to left side making $\frac{1}{4}$ turn left
- 18** Take weight back onto right
- 19&20** Step back left, step right beside left, step forward left
- 21&22** Step forward right, close left beside right, step forward right
- 23-24** Rock forward on left, rock back onto right

SHUFFLE $\frac{1}{2}$ TURN LEFT TWICE, COASTER STEP, STEP $\frac{1}{4}$ PIVOT LEFT

- 25&26** Shuffle $\frac{1}{2}$ turn left, stepping - left, right, left
- 27&28** Shuffle $\frac{1}{2}$ turn left, stepping - right, left, right
- 29&30** Step back left, step right beside left, step forward left
- 31-32** Step forward right, pivot $\frac{1}{4}$ turn left, bending knees

Weight ends on right with body angle to left diagonal to start dance again

REPEAT

BRIDGE

When using 'Horse To Mexico' an 8 count bridge is added once, following the second repetition. Basically it is a repeat of the first 8 counts of the dance

KICK BALL CROSS, SIDE STEP, TURN, TWICE

1&2 Kick left diagonally forward left, step left beside right, cross right over left

3-4 Step left to left side, turn body to right diagonal

5&6 Kick right forward, step right beside left, cross left over right

7-8 Step right to right side, turn body to left diagonal