

# EXTREME

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**Count:** 48

**Wall:** 4

**Level:** intermediate/advanced

**Choreographer:** Daniel Whittaker

**Music:** Dance & Shout by Shaggy

## RIGHT GRAPEVINE, TWIST, TWIST, CHASSE LEFT

- 1-4** Step right to side, step left behind right, step right to side, touch left beside right
- 5-6** Keeping left toe beside right push left knee out to left side, push left knee back to center
- 7&8** Step left to side, close right to left, step left to side

## GROOVY WALK (WITH A LOT OF ATTITUDE)

- 1&2** Step right forward, lift right heel off the floor, step weight on right foot (2:00)
- 3&4** Step left forward, lift left heel off the floor, step weight on left foot (10:00)
- 5** Step right foot forward (1:00)
- 6** Step left foot forward (12:00)
- 7-8** Keeping right toe where it is bring your right heel to your left instep, step right heel back in place (weight on right)

## COASTER STEP, PADDLE STEP $\frac{3}{4}$ TURN, HIP BUMPS (WITH ATTITUDE)

- 1&2** Step left foot back, close right to left, step forward left foot
- 3&4** Make  $\frac{1}{4}$  turn left touch right toe to right side, slightly hitch right knee and make  $\frac{1}{2}$  turn left, touch right toe to right side
- 5&6** Place weight down on right foot make sure you lean to the right and bump hip right, left, right
- 7&8** Lean to the left side and bump hip left, right, left

## STEP FORWARD TOUCH, STEP BACK $\frac{1}{4}$ TURN, FORWARD $\frac{1}{2}$ TURN, BACK SHUFFLE

- 1-2** Step right foot forward, touch left toe behind right heel
- 3-4** Step back left foot, make  $\frac{1}{4}$  turn right and step forward right foot
- 5-6** Step forward left foot, make  $\frac{1}{2}$  turn left step back right
- 7&8** Step left foot back, close right to left, step left foot back

## TAP RIGHT, KICK BALL CHANGE, KICK STEP BACK, CROSS BACK STEP SIDE

- 1&2 Touch right toe forward place right heel down, raise right heel, place heel down
- 3&4 Kick right foot forward, place ball of right foot beside left, place left beside right
- 5-6 Kick right foot forward, step right foot back
- 7&8 Cross left over right, step back right foot, step left foot to left side (weight on left)

**Option 1: intermediate**

**4 HEEL SWITCHES ¼ TURN RIGHT, STOMP KICK CROSS OVER UNWIND ½ TURN RIGHT**

- 41&42& Touch right heel forward, touch left heel forward, make ¼ turn right
- 43&44 Touch right heel forward, touch left heel forward
- &45 Step left beside right, cross right over left
- 46-47 Kick left foot diagonally out to left side, cross left over right
- 48 Unwind ½ turn right

**Option 2: advanced**

**RUNNING MAN STEPS ¾ TURN**

- 41 Jump both feet out right diagonally forward, left diagonally back
- & Jump both feet in keeping weight on right foot, hitching left foot beside right
- 42 Jump both feet out left diagonally forward, right diagonally back
- & Jump both feet in keeping weight on left foot, hitching right foot beside left
- 43 Jump both feet out right diagonally forward, left diagonally back
- &44& Jump both feet in keeping weight on right foot making ¼ turn right, hop another ¼ turn right, hop another ¼ turn right hitching left foot beside right
- 45 Jump both feet out left diagonally forward, right diagonally back
- & Jump both feet in keeping weight on left foot, hitching right foot beside left
- 46 Jump both feet out right diagonally forward, left diagonally back
- & Jump both feet in keeping weight on right foot, hitching left foot beside right
- 47&48 Kick left foot forward, step left beside right, touch right beside left

**REPEAT**

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=55344](https://www.linedance.com/index.php?f=dance_view&id=55344)