

# Demain J'arrete (Tomorrow I'll Give It Up)

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**Count:** 32      **Wall:** 4      **Level:** Beginner / Improver

**Choreographer:** Betsy Courant (March 2015)

**Music:** Demain J'Arrete by Ben L'Oncle Soul

**Dance starts after 16 counts (on lyrics)**

## **SECTION 1: RIGHT KICK BALL CROSS (2X), BIG STEP, TOGETHER, HEEL TWISTS**

- 1&2**      Kick Right foot to right diagonal, step back on Right, cross Left over Right
- 3&4**      Kick Right foot to right diagonal, step back on Right, cross Left over Right
- 5 - 8**      Big step Right to right side (5), step Left next to Right (6), twist both heels to right (7), return heels to center (8)

## **SECTION 2: LEFT KICK BALL CROSS (2X) (traveling Left), BIG STEP, TOGETHER, HEEL TWISTS**

- 1&2**      Kick Left foot to left diagonal, step back on Left, cross Right over Left
- 3&4**      Kick Left foot to left diagonal, step back on Left, cross Right over Left
- 5 - 8**      Big step Left to left side (5), step Right next to Left (6), twist both heels to left (7), return heels to center (8)

## **SECTION 3: RIGHT ROCKING CHAIR, 2 HIP ROLL TURNS (1/4 turn)**

- 1 - 4**      Rock forward on Right, recover on Left, Rock back on Right, recover on Left
- 5 - 6**      Step Right forward and make 1/8 hip roll pivot turn to left,
- 7 - 8**      Step Right forward and make 1/8 hip roll pivot turn to left (9:00)

## **SECTION 4: RIGHT JAZZBOX, JUMP OUT, HEEL BOUNCE**

- 1 - 4**      Cross Right over Left, step back on Left, step Right to right side, step Left forward
- &5-8**      Jump out Right to right side (&), jump out Left to left side (5), bounce on heels 3 times

### **(OPTION FOR COUNTS 5 - 8) (a little harder):**

- &5&6**      Jump out Right to right side, jump out Left to left side, jump in Right, then Left
- &7&8**      Jump out Right to right side, jump out Left to left side, jump in Right, then Left

### **VARIATION (WALL 8):**

**The music changes when at wall 8. You can dance wall 8 as described above, or replace wall 8 with the following 32 counts (NOTE: the last 8 counts are the same as the last 8 counts of the regular dance):**

#### **SECTION V1: STEP RIGHT (1), HOLD (2-4), $\frac{1}{4}$ TURN RIGHT STEP LEFT (5), HOLD (6-8)**

**1 - 4** Step Right to right side (1), hold for 3 counts (2-4)

**5 -  $8\frac{1}{4}$  turn right step Left to left side (5), hold for 3 counts (6-8)**

#### **SECTION V2: $\frac{1}{4}$ TURN RIGHT STEP RIGHT (1), HOLD (2-7), STEP LEFT TO LEFT SIDE (8)**

**1 -  $8\frac{1}{4}$  turn right step Right to right side (1), hold for 6 counts (2-7), step Left to left side (8)**

#### **SECTION V3: STEP RIGHT (1), HOLD (2-4), $\frac{1}{4}$ TURN RIGHT STEP LEFT (5), HOLD (6-8)**

**1 - 4** Step Right to right side (1), hold for 3 counts (2-4)

**5 -  $8\frac{1}{4}$  turn right step Left to left side (5), hold for 3 counts (6-8)**

#### **SECTION V4: RIGHT JAZZBOX, JUMP OUT, HEEL BOUNCE**

**1 - 4** Cross Right over Left, step back on Left, step Right to right side, step Left forward

**&5** Jump out Right to right side, jump out Left to left side

**6 - 8** Bounce on heels 3 times

#### **ENDING (WALL 11): Dance up to Section 2, counts 1 & 2, then dance the following**

**3&4** Kick Left foot to left diagonal, step down on Left, step Right across Left and make slow  $\frac{1}{2}$  unwind left turn

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