

# A- B TICKET



Chorégraphe : Val MYERS - Stanmore, MIDDX, LONDON - ANGLETERRE / Avril 2002

LINE Dance : 32 temps - 1 mur

Niveau : **Absolute - Beginner**

Musique : Cry to me - Ronnie McDOWELL - BPM 116

**One way ticket - LeeAnn RIMES - BPM 120**

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Chorégraphies en français, site : <http://www.speedirene.com>

## Introduction : 32 temps

*HEEL STRUT FORWARD, HEEL STRUT FORWARD, HEEL STRUT FORWARD, HEEL STRUT FORWARD*

- 1.2 *HEEL STRUT avant D* : TOUCH talon D avant - *DROP* : abaisser pointe PD au sol
- 3.4 *HEEL STRUT avant G* : TOUCH talon G avant - *DROP* : abaisser pointe PG au sol
- 5.6 *HEEL STRUT avant D* : TOUCH talon D avant - *DROP* : abaisser pointe PD au sol
- 7.8 *HEEL STRUT avant G* : TOUCH talon G avant - *DROP* : abaisser pointe PG au sol

*WALK BACK RIGHT, WALK BACK LEFT, WALK BACK RIGHT, TOUCH, STOMP LEFT, STOMP RIGHT, STOMP LEFT, TOUCH*

- 1.2.3 *3 pas arrière* : pas PD arrière - pas PG arrière - pas PD arrière
- 4 TAP PG à côté du PD
- 5.6 STOMP PG à côté du PD - STOMP PD à côté du PG
- 7.8 STOMP PG à côté du PD - TAP PD à côté du PG

*GRAPEVINE RIGHT, TOUCH, GRAPEVINE LEFT, TOUCH*

- 1.2.3 *VINE à D* : pas PD côté D - CROSS PG derrière PD - pas PD côté D
- 4 TAP PG à côté du PD
- 5.6.7 *VINE à G* : pas PG côté G - CROSS PD derrière PG - pas PG côté G
- 8 TAP PD à côté du PG

*FORWARD RIGHT HIP BUMPS, BACK LEFT HIP BUMPS, RIGHT HIP BUMPS, LEFT HIP BUMPS, RIGHT HIP BUMPS, LEFT HIP BUMPS*

- 1&2 petit pas PD sur diagonale avant D ↗ .... BUMP HIPS D ↗ - BUMP HIPS G ↙ - BUMP HIPS D ↗
- 3&4 petit pas PG sur diagonale arrière G ↙ .... BUMP HIPS G ↙ - BUMP HIPS D ↗ - BUMP HIPS G ↙
- 5 à 8 *BUMP HIPS alternés* : D ↗ - G ↙ - D ↗ - G ↙

# A-B Ticket



Choreographed by **Val MYERS** (UK) April 2002

Description : 32 count, 1 wall , **A**bsolute **B**eginner line dance

Music : **One way ticket by Lee Ann RIMES** (120bpm) (The No. 1 Line Dancing Album)

Alternative Music : "Cry to Me" by Ronnie McDowell (115bpm) (Album: Line Dance Fever 12)

## **Intro : 32 counts**

### **SECTION 1 / 1-8 HEEL STRUTS FORWARD x 4.**

- 1-2 Step right heel forward, Drop right toe taking weight.
- 3-4 Step left heel forward, Drop left toe taking weight.
- 5-6 Step right heel forward, Drop right toe taking weight.
- 7-8 Step left heel forward, Drop left toe taking weight.

### **SECTION 2 / 9-16 WALK BACK x 3, TOUCH, STOMPS x 3 TOUCH.**

- 1-2 Step back right, Step back left.
- 3-4 Step back right, Touch left beside right.
- 5-6 Stomp left in place, Stomp right in place.
- 7-8 Stomp left in place, Touch right beside left.

### **SECTION 3 / 17-24 GRAPEVINE RIGHT, TOUCH, GRAPEVINE LEFT, TOUCH.**

- 1-2 Step right to right side, Cross left behind right.
- 3-4 Step right to right side, Touch left beside right.
- 5-6 Step left to left side, Cross right behind left.
- 7-8 Step left to left side, Touch right beside left.

### **SECTION 4 / 25-32 FORWARD RIGHT HIP BUMPS, BACK LEFT HIP BUMPS, HIP BUMPS X 4.**

- 1&2 Small step - right diagonally forward, bumping right hip diagonally forward, back, forward.
- 3&4 Bump left hip diagonally back, forward, back.
- 5-8 Bump hips diagonally – right, left, right, left.

START AGAIN AND ENJOY

NOTE : This dance is intentionally choreographed as an "Absolute Beginners" (A - B) dance. It takes A - B's from zero to first base, also hence A - B. It has been carefully designed to use easy steps for A - B's, with the following movement, in turn: Forward, Back, On the spot, Right, Left, On the spot with ONE wall and NO turns. N.B. there is a lot (for A - B's) in the dance, without the complication of turns and orientation.

A - B's can dance "A - B Ticket" positioned at the front of a split floor without being distracted by other dancers behind them and it is also ideal for situations where non line-dancers may be included.

The bumps are the fun bit!

<http://www.vmyers.com/dances.shtml>