

DOUBLE XL (OUCH!)

Choreographed by Peter Metelnick & Alison Biggs, 2005

01727 853041, alison.biggs1@btinternet.com, petermetelnick@btinternet.com, www.linedance.biz

4 wall – 48 count line dance with 1 restart when dancing to either Anderson, Philipsson or Connor
Music: XXL – Keith Anderson (start after 48 count intro), from the CD Three Chord Country and American Rock & Roll

It Hurts – Lena Philipsson (start on the word “roof”), from the CD Eurovision Song Contest 2004

From Zero to Hero – Sarah Connor (start on verse vocal)

1-8 L to side, R sailor, L forward, ½ R pivot turn, L forward, R kick ball step

1 Step L to side

2&3 Cross step R behind L, step L to side, step R to side

4-6 Step L forward, pivot ½ right, step L forward

7&8 Kick R forward, step R together, step L forward

Anderson Restart: During the 2nd time through the dance, change counts 7&8 to R kick ball TOUCH L together. Restart the dance (you will be facing R side wall)

9-16 Walk forward 2, R sailor, L touch back, ½ L turn, R kick ball step

1-2 Step R forward, step L forward

3&4 Cross step R behind L, step L to side, step R to side

5-6 Touch L toes back, unwind ½ left putting weight on L

7&8 Kick R forward, step R together, step L forward

Philipsson Restart: During the 3rd time through the dance, change counts 7&8 to R kick ball TOUCH L together, Restart the dance (you will be facing back wall)

17-24 Syncopated forward R & L rock steps, L full travelling back, ¼ L shuffle

1-2 Rock R forward, recover weight on L

Connor Restart: During 7th time through dance (starts facing back wall) after the rock recover above, add &3-4: step R back, TOUCH L together hold with weight on R & start dance again

&3-4 Step R back, rock L forward, recover weight on R

5-6 Turning ¼ left step L forward, turning ¼ left step R back

7&8 Turning ¼ left step L to side, step R together, step L to side

25-32 R jazz box-ball-cross, R to side, ¼ L coaster, R forward (extended 5th), ½ R & L back

1-2 Cross step R over L, step L back

&3-4 Step R to side, cross step L over R, step R to side

5&6 Turning ¼ left step L back, step R together, step L forward

7-8 Step R forward in extended 5th, turning ½ right step L back

33-40 R coaster heel, ball cross point, R sailor, ¼ L sailor

1&2 Step R back, step L together, touch R heel forward

&3-4 Step R back, cross step L over R, touch R toes to side

5&6 Cross step R behind L, step L to side, step R to side

7&8 Turning ¼ left step L behind R, step R to side, step L to side



41-48 R forward, L side point, R side switch & hold, L together, R to side, L cross over, R scissor

1-2 Step R forward, touch L toes to side

&3-4 Step L together, step R to side, hold

&5-6 Step L together, step R to side, cross step L over R

7&8 Step R to side, step L together, cross step R over L