

Six Pack Summer

Choreographer: *Dan Albro & Mike Camara*
Description: 32 count, 4 wall, intermediate line dance
Music: "Six Pack Summer" by Phil Vascar

Beats / Step Description

1-2 Sugarfoot move touching right toe towards left toe, fanning right toe out touch right heel
&3&4 Quick heel switches stepping right in place, touch left heel out, step left next to right, touch right heel out
&5-6-7&8 Step right next to left, rock forward on left, step back on right, doing a 1/2 turn left, shuffle forward left, right, left
1-2 Cross right over left, unwind 1/2 turn left (weight on left)
3&4 Cross right behind left, step side left, cross right over left
5-6 Take a large side step left, slide right toe next to left (just touch - optional hand clap)
7&8 Kick right forward, step back on right, cross left over right

1&2 Side step right & bump hips right, left, right (add shoulders & arms for fun)
3&4 Sailor shuffle crossing left behind right, step side right, step forward left
5-6 Cross right toe behind left & start full turn right, finish turn stepping slightly forward on right
7&8 Step side left, step right next to left, step side left

1&2 Touch right heel forward, quickly step right next to left, touch left toe back,
3&4 Turn 1/4 left touching left heel forward, quickly step back on ball of left, step forward on right
5-6-7&8 Step forward left, pivot 1/2 turn right stepping forward right, shuffle forward stepping left, right, left

Smile and Begin Again