## STEPPIN'OFF



THEPage



Approved by:

Alan G. Birthal

## Thank You

2 WALL - 64 COUNTS - ADVANCED			
STEPS	Actual Footwork	Calling Suggestion	Direction
Section 1 1 & 2 3 & 4 5 - 6 7 & 8	Forward Lock Steps, Forward Rock, 1.1/2 Triple Turn Step right forward. Lock left behind right. Step right forward. Step left forward. Lock right behind left. Step left forward. Rock forward on right. Recover onto left. 1&1/2 Triple turn right, stepping - right, left, right. (6:00)	Right Lock Right Left Lock Left Forward Rock Triple Turn	Forward On the spot Turning right
<b>Section 2</b> 1 - 2 3 & 4 5 & 6 7 - 8	Rock 1/4 Turn, Cross Shuffle, Kick Ball Touch, Lower Body Roll Making 1/4 turn right rock left to left side. Recover onto right. (9:00) Cross left over right. Step right to right side. Cross left over right. Kick right to right diagonal. Step weight onto right. Touch left toe back. Push lower body forward raising heels slightly. Sit back on left (weight on left).	Rock Turn Cross Shuffle Kick Ball Touch Body Roll	Turning right Right On the spot
Section 3 1 & 2 3 & 4 & 5 - 6 7 - 8	Right Heel Jack x 2, Step, Cross, Unwind Full Turn, Sway Recover Cross right over left. Step left to left side. Extend right heel forward. Cross right over left. Step left to left side. Extend right heel forward. Step onto right. Cross left over right. Unwind full turn right. Rock (SWAY) right to right side. Recover onto left. (with optional body roll)	Cross Side Heel Cross Side Heel & Cross Unwind Side Rock	Left Turning right On the spot
Section 4 1 & 2 3 - 4 5 & 6 & Restart 7 & 8 Tag	Sailor Step, Behind, Unwind 3/4, Syncopated 1/4 Turn Rocks, Behind Side Cross Cross right behind left. Step left to left side. Step right to place. Cross left behind right. Unwind 3/4 turn left (weight ends on left). (12:00) Rock forward on right. Recover onto left making 1/8 turn right. Rock right to right side. Recover onto left making 1/8 turn right. (3:00) Wall 5: (facing 9:00) Restart dance again from beginning at this point. Cross right behind left. Step left to left side. Cross right over left. Wall 2 (facing 9:00) and Wall 4 (facing 3:00) Dance Tag then restart dance.	Sailor Step Behind Unwind Rock Turn Rock Turn Behind Side Cross	On the spot Turning left Turning right Left
Section 5 1 - 2 3 - 4 5 - 6 7 & 8 Ending (3-4, 5&6)	Side, Drag, Skate x 2, Cross Rock, Triple Full Turn Take a big step to left. Drag right towards left. Skate right. Skate left. (see Ending to finish dance facing front) Cross rock right over left. Recover onto left. Full triple turn right, stepping - right, left, right. (3:00) During 7th wall to finish dance facing front replace 3 - 4, 5&6, as below: Rock right across left. Recover back. Right triple 1&1/2 turn right.	Side Drag Skate Skate Cross Rock Triple Full Turn	Left Forward On the spot Turning right
Section 6 1 - 2 & 3 - 4 5 & 6 & 7 & 8	Cross, Back, Walk, Walk, Touches With Hip Bumps Cross left over right. Step right back. Step left beside right. Walk forward right. Walk forward left. Touch right toe forward bumping hips right, left, right, left (weight ends on left). Touch right toe back bumping hips right, left, right (weight ends on right).	Cross Back & Walk Walk Hip Bumps Hip Bumps	Back Forward On the spot
Section 7 1 & 2 3 & 4 5 & 6 & 7 & 8	Lock Sequence Back, 3/4 Paddle Turn, Cross Cross left over right. Step right back. Step left back. Cross right over left. Step left back. Step right beside left. Making 1/4 turn right touch left to side. Making 1/4 turn right touch left to side. Making 1/4 turn right touch left to side. Cross left over right. (12:00)	Cross Back Back Cross Back Side Paddle Turns Paddle Turn Cross	Back Turning right
Section 8 1 & 2 & 3 & 4 5 - 6 & 7 - 8	Point, Hitch, Point, Step, Point, Hitch, Point, Cross, Back, Side, Cross, Unwind Point right to right side. Hitch right. Point right to right side. Step right beside left. Point left to left side. Hitch left. Point left to left side. Cross left over right. Step right back. Step left to side. Cross right over left. Unwind 1/2 turn left (weight onto left). (6:00)	Point Hitch Point Step Point Hitch Point Cross Back & Cross Unwind	On the spot Back Turning left
<b>Tag</b> 1 - 2 & 3 - 4 & 5 & 6 & 7 - 8	Touch, Hold, Step Touches, Side, Drag Touch left toe forward. Hold. Step left beside right. Touch right toe forward. Hold. Step right beside left. Touch left to side. Step left beside right. Touch right to side. Step right beside left. Step left big step to left. Drag right to left (weight on left).	Touch Hold & Touch Hold & Touch & Touch & Side Drag	On the spot
1 - 2 3 - 4 5 & 6 7 - 8	Toe Strut 1/4 Turn x 2, Behind, 1/4 Turn, Step, Step, Hitch 1/2 Turn Making 1/4 turn right step right toe to right. Drop right heel taking weight. Making 1/4 turn right step left to left. Drop left heel taking weight. Cross right behind left. Make 1/4 turn left stepping left forward. Step right forward. Step left forward. Make 1/2 turn left hitching right knee beside left.	Turn Strut Turn Strut Behind Turn Step Step Turn	Turning right Turning left

Choreographed by: Alan Birchall (UK) January 2010

Choreographed to: 'Thank You' by Seal (107 bpm) from CD Hits; also available as download from amazon.co.uk (32 count intro - start on main vocals)

Tag: A 16-count Tag is danced during Walls 2 and 4 **Restarts:** There are 3 Restarts (2 following the Tag)



Music track available on the 14th CBA CD 2010. Order your copy online at www.linedancermagazine.com or call 01704 392300