

A Small Selection of Setsuko Motoki's Dances

**Love You Out Loud
Long Slow Beautiful Dance
Now That Find You
When I Think About Cheatin'
If I Only Knew
I'm Movin' On
Cloud of Dust
Put Your Best Dress On
Linda Lu 2004
Kiss Me
Good Morning Beautiful
Don't Come Crying**

Itsumo kokoro ni taiyo wo



O ha yo, u-tsu-kushi-i hito yo

When I Think About Cheatin'

Choreographed by Setsuko Motoki (Japan) Jan, 2005

Description: 32count, 4wall, Intermediate

Music: When I think About Cheatin' by Gretchen Wilson / [CD: Here For The Party]

ROCK, RECOVER, SIDE SHUFFLE, ROCK, RECOVER, 1/4TURN RIGHT SAILOR

- 1-2 Rock left foot across right, recover to right foot
- 3&4 Step left foot to left side, step right foot beside left, step left foot to left side
- 5-6 Rock right foot across left, recover to left foot with 1/4 turn right
- 7&8 Swing right behind left, step left beside right, step right foot right side

PIVOT 1/2 TURN LEFT, STEP, SIDE SHUFFLE, ROCK, RECOVER, 1/4 TURN SHUFFLE RIGHT

- 1-2 Step forward on left foot with 1/2 turn left, step back on right foot
- 3&4 Step left foot to left side, step right foot beside left, step left foot to left side
- 5-6 Rock right foot across left, recover to left foot
- 7&8 Shuffle 1/4 turn to the right, on right, left, right

STEP, TOUCH, SLIDE DIAGONALLY BACK, DRAG, SIDE, TOUCH, FULL TURN RIGHT

- 1-2 Step forward on left foot, touch right toe behind left foot
- 3-4 Slide diagonally back on right foot, drag left foot to right foot
- 5-6 Slide left foot to left side, touch right toe beside left foot
- 7&8 Full turn to the right, stepping on right, left, right
Easier option: counts 7&8 above; step right foot to right side, touch left toe beside right

ROCK, RECOVER, LOCK STEP MOVING BACK, ROCK, RECOVER, UNWIND 3/4 TURN LEFT

- 1-2 Rock forward on left foot, recover to right foot
- 3&4 Step back on left foot, lock right in front of left, step back on left foot
- 5-6 Rock on right foot to right side, recover to left foot
- 7-8 Cross right foot over left, unwind 3/4 turn over left shoulder (weight ending on right foot)

Ending: Last 2 count of section 4, unwind full turn

**START AGAIN,
ENJOY DANCING!**

Now That Find You

Choreographed by Setsuko Motoki (Japan) 09 Mar, 2005

Description: 32count, 4wall, Intermediate

Music: Now That Find You by Terri Clark /90bpm [CD: How I Feel]

Just When I Needed You Most by Randy Van Warmer [CD: Super Hits Of The '70s]

ROCK, RECOVER, SIDE SHUFFLE, CROSS, SIDE, LEFT SAILOR

- 1-2 Rock right foot across left, recover to left foot
- 3&4 Step right foot to right side, step left foot beside right, step right foot to right side
- 5-6 Cross left foot across right, step right foot to right side
- 7&8 Step left foot behind right, step right foot beside left, step left foot diagonally forward

CROSS, TOUCH, CROSS, TOUCH, CROSS TOUCH, 1/4 TURN LEFT SAILOR

- 1-2 Step right foot behind left, touch left toe to left side
- 3-4 Step left foot behind right, touch right toe to right side
- 5-6 Step right foot behind left, touch left toe to left side
- 7&8 Turning 1/4 to left, step left foot behind right, step right foot beside left, step left foot to left

STEP, TOUCH, 1/2 TURN RIGHT HOLD, FULL TURN RIGHT, STEP, HOLD

- 1-2 Step forward on right foot, touch left toe behind right
- 3-4 Step back on left foot, 1/2 turn right on left foot
- 5&6 Turn 1/2 right stepping forward on right foot, turn 1/2 right stepping back on left foot, step forward on right foot
- 7-8 Step forward on left foot, hold

CORSS, BACK, SHUFFLE BACK, SWAY, SWAY, 1/2 TURN LEFT, SHUFFLE

- 1-2 Step right foot across left, step back on left foot
- 3&4 Step back on right foot, lock left foot across right, step back on right foot
- 5-6 Rock on left foot to left side 1/4 turning to left, recover to right foot
- 7&8 Step forward on left foot 1/4 turning to left, step right foot beside left, step forward on left foot

START AGAIN,

Love You Out Loud

Choreographed by Setsuko Motoki (Japan) 20,Oct, 2004

Description: 48count, 4wall, Intermediate

Music: Love You Out Loud by Rascal Flatts [97 bpm / CD: Melt Rascal Flatts]

STEP, ROCK, RECOVER, STEP, ROCK, RECOVER, RIGHT VINE WITH 1/4 TURN RIGHT

- 1,2& Step Right to right side, rock Left behind right, recover weight on right
- 3,4& Step Left to left side, rock Right behind left, recover weight on left
- 5,6 Step Right to right side, step Left behind right
- 7,8 Step Right to right side with 1/4 turn right, step left beside right

STEP, ROCK, RECOVER, STEP, ROCK, RECOVER, RIGHT VINE WITH 1/4 TURN RIGHT

- 1-8 Repeat above 1-8

STEP BACKWARD x3, ROCK, RECOVER, LEFT SHUFFLE, SHUFFLE BACK 1/2 TURN LEFT

- 1,2,3 Step Right to backward, step Left to backward, step Right to backward
- & 4 Rock back on Left, recover weight on Right
- 5&6 Step Left forward, step Right beside left, step Left forward
- 7&8 Turn 1/2 left and shuffle backwards (right-left-right)

ROCK, RECOVER, LEFT SHUFFLE, 1/4 TURN LEFT, KICK BALL STEP

- 1,2 Rock back on Left, recover weight on Right
- 3&4 Step Left forward, step Right beside left, step Left forward
- 5,6 Step Right forward, pivot 1/4 turn left weight on left
- 7&8 Kick Right forward, step right beside left, step left forward

DOROTHY STEPS - RIGHT-LEFT-RIGHT-LEFT

- 1,2& Step Right diagonally forward, lock step left behind right, step Right diagonally forward
- 3,4& Step Left diagonally forward, lock step right behind left, step Left diagonally forward
- 5,6& Step Right diagonally forward, lock step left behind right, step Right diagonally forward
- 7,8& Step Left diagonally forward, lock step right behind left, step Left diagonally forward

ROCK, RECOVER, 1/4 TURN RIGHT, TOUCH x3, 1/4 TURN RIGHT, TOUCH

- 1,2 Rock forward on Right, recover weight on Left
- 3,4 Step Right to right side with 1/4 turn right, touch Left forward
- 5,6 Touch Left to left side, touch Left forward
- 7,8 Step Left to left side with 1/4 turn right, touch Right beside left

REPEAT

RESTART

On the 4th wall dance up to count 28. Restart the dance from the beginning

Long Slow Beautiful Dance

Choreographed by Setsuko Motoki (Japan) 28 Oct, 2004

32count 4wall Intermediate 90.5bpm

Music: Long Slow Beautiful Dance by Rascal Flatts [CD: Rascal Flatts]

STEP, ROCK, RECOVER, X2, PIVOT 1/2 TURN LEFT, RIGHT COASTER

- 1,2& Step diagonally forward on right foot, rock left foot behind right, recover to right foot
- 3,4& Step diagonally forward on left foot, rock right foot behind left, recover to left foot
- 5,6 Step forward on right foot with 1/2 turn left, step back on left foot
- 7&8 Step back on right foot, step left foot beside right, step forward on right

STEP, ROCK, RECOVER, X2, PIVOT 1/2 TURN RIGHT, LEFT COASTER

- 1,2& Step diagonally forward on left foot, rock right foot behind left, recover to left
- 3,4& Step diagonally forward on right foot, rock left foot behind right, recover to right
- 5,6 Step forward on left foot with 1/2 turn right, step back on right foot
- 7&8 Step back on left foot, step right foot beside left, step forward on left foot

WEAVE RIGHT, ROCK, RECOVER, TRIPLE 1/2 TURN LEFT

- 1,2& Step right foot to right side, step left foot behind right, step right foot to right side
- 3&4 Step left foot across right Step right to right side, step left foot behind right
- 5,6 Rock forward on right foot, recover to left foot
- 7&8 Triple 1/2 turn left stepping right-left-right

SHUFFLE FORWARD, SHUFFLE RIGHT, FULL TURN, SHUFFLE LEFT

- 1&2 Step forward on left foot, step right foot beside left, step forward on left
- 3&4 Step right foot to right side, step left foot beside right, step right foot to right side
- 5,6 Step left foot to left side making 1/2 turn left, step back on right foot making 1/2 turn left
- 7,8 Step left foot to left side, step right foot beside left, step left foot to left side

REPEAT

Linda Lu 2004

Choreographed by Setsuko Motoki (Japan) Oct 2004

Description: 40 count, 4 wall Beginner Intermediate Line Dance

Music: Linda Lu by Ricky Van Shelton (139 BPM) CD Bridges I Didn't Burn)

Step, Kick, Step, Touch, x 2

- 1 - 2 Step forward on right , kick left foot forward,
- 3 - 4 Step back on left, Touch right foot back
- 5 - 6 Step forward on right , kick left foot forward,
- 7 - 8 Step back on left, Touch right foot back

Vine Right, Full Turn, Slide

- 1 - 2 Step right to right side, step left behind right
- 3 - 4 Step right to right side, touch left beside right
- 5 - 6 Step 1/4 turn left on left foot, turn 1/2 left while stepping back on right foot
- 7 - 8 Turn 1/4 left while sliding left foot to left, hold

Kick Ball Cross, x 2, Unwind 1/2 Turn Right, Kick Ball Step

- 1 & 2 Kick right diagonally forward, step slightly forward on right, step left across and in front of right foot
- 3 & 4 Kick right diagonally forward, step slightly forward on right, step left across and in front of right foot
- 5 - 6 Unwind 1/2 right while bending both knees, (weight onto left foot at end of turn)
- 7 - 8 Kick right diagonally forward, step slightly forward on right, step forward on left.

Toe Strut Jazz Box

- 1 - 2 Step forward diagonally right on right toe, drop right heel to floor
- 3 - 4 Step left toe across in front of right foot, drop left heel to floor
- 5 - 6 Step back on right toe, drop right heel to floor,
- 7 - 8 Step left toe to left side, drop left heel to floor

Turning Jazz Box 1/4 Right, Right Hip Bumps, Left Hip Bumps

- 1 - 2 Step right across left, step left foot back
- 3 - 4 step right 1/4 turn right, close left to right
- 5 & 6 Step right slightly forward, bump hips right x 2
- 7 & 8 Step left slightly back, bump hips left x 2

Start Again

Enjoy Dancing

Kiss Me

Choreographed by Setsuko Motoki (Japan) Dec, 2004

Description: 32count, 4wall, beginner

Music: Kiss Me by Maggie Austin [146 bpm / CD: Time & Again]

Don't Rock The Jukebox by Alan Jackson [152 bpm / CD: Greatest Hits / CD: Don't Rock The Jukebox] Jingle Bell Rock by Billy Gilman [CD: Classic Christmas]

STEP, TOGETHER, BACK, HOLD, CROSS, KICK, CROSS, KICK

- 1-2 Step right foot to right side, step left foot beside right
- 3-4 Step back on right foot, hold
- 5-6 Step left foot behind right, kick right foot to the right side
- 7-8 Step right foot behind left, kick left foot to the left side

CROSS 1/4 TURN LEFT, KICK, SHUFFLE, STEP, 1/2 TURN LEFT

- 1-2 Step left foot behind right with 1/4 turn left, kick right foot to the right side
- 3&4 Step forward on right foot, step left foot beside left, step forward on right foot
- 5-6 Step forward on left foot, hold
- 7-8 Pivot 1/2 turn left on right foot, step left foot beside right

WIGGLE WALK LEFT, CLAP, WIGGLE WALK RIGHT, CLAP

- 1-2 Swivel both heels to the left side, swivel both toes to the left side
- 3-4 Swivel both heels to the left side, clap hands
- 5-6 Swivel both heels to the right side, swivel both toes to the right side
- 7-8 Swivel both heels to the right side, clap hands

CROSS, BACK, SHUFFLE 1/2 TURN RIGHT, STEP, TAPX3

- 1-2 Step right foot across left, step back on left foot
- 3&4 1/2 turning shuffle stepping right-left-right
- 5-6 Step diagonally forward on left foot, tap right foot beside left
- 7-8 Tap right foot beside left, twice

START AGAIN,

If I Only Knew

Choreographed by Setsuko Motoki (Japan) 29 Oct, 2004

32count 4wall Intermediate 116 bpm

Music: If I only knew by Tom Jones [CD: Black Roulette]

Start after 24 second

PRESS, RECOVER, RIGHT COASTER, 1/4 PADDLE TURN RIGHT X4

- 1,2 Press right toe diagonally forward, push off from right foot and weight on left foot
3&4 Step back on right foot, step left foot beside right, step forward on right foot
5&6& Pivot 1/4 turn right on ball of right foot and touch left foot to left side, hitch left foot to right knee, pivot 1/4 turn right on ball of right foot and touch left foot to left side, hitch left foot to right knee
7&8 Pivot 1/4 turn right on ball of right foot and touch left foot to left side, hitch left foot to right knee, pivot 1/4 turn right on ball of right foot and touch left foot to left side, step left foot beside right

HIP, HIP, TAP, STEP, TWICE

- 1,2 Step diagonally forward on right foot with hip push right, step diagonally forward on left foot with hip push left
3,4 Tap right ball diagonally forward, step right foot in place
5,6 Step diagonally forward on left foot with hip push left, step diagonally forward on right foot with hip push right
7,8 Tap left ball diagonally forward, step left in place

HITCH, TOUCH, PUSH, PUSH, BACK, STEP, HIP BUMPS

- 1,2 Hitch right foot with left foot straight up, touch right toe right side with bending left knee and body lean left (weight on left foot)
3,4 Step right foot in place while bending right knee with upper body pushed to the right, step left foot to left side while bending left knee with upper body pushed to the left
5,6 Step back on right foot, step left foot beside right with body straight up
7&8 Hip bumping right-left-right (weight on left foot)

BOOGIE WALK, 3/4 TURN LEFT

- 1,2 1/4 turn left on left foot, step diagonally forward on right foot, hold
3,4 1/4 turn left on right foot, step diagonally forward on left foot, hold
5,6 1/4 turn left on left foot, step diagonally forward on right foot, hold
7,8 Step diagonally forward on left foot, hold

I'm Movin' On

Choreographed by Setsuko Motoki (Japan) 03 Nov, 2004

48count 4wall Beginner/Intermediate

Music: I'm Movin' On by Rascal Flatts [128bpm / CD: Rascal Flatts] Someone Must Feel Like A Fool Tonight by Kenny Rogers [100 bpm / CD: Back Home Again] Husbands & Wives by Brooks & Dunn [104 bpm / CD: If You See Her] Alibis by Tracy Lawrence [112 bpm / CD: Alibis / CD: Best Of]

LEFT SPIRAL, RIGHT SPIRAL

- 1,2,3 Step left foot across right, side step right, turning slightly left step in-place left
4,5,6 Step right foot across left, side step left, Turning slightly right step in-place right

LEFT SPIRAL WITH 1/2 TURN LEFT, WALTZ BALANCE STEP

- 1,2,3 Step on ball of left across right, pivot 1/2 turn left and step back on ball of right, step in-place left
4,5,6 Step back on right foot, step together left, step in-place right

REPEAT ABOVE 12 COUNT

1~12 Repeat above 12 count

LONG STEP LEFT, SLIDE RIGHT, LONG STEP RIGHT, SLIDE LEFT

- 1,2,3 Long step left foot to left, slide right foot to right (over 2 counts) weight stays on left foot
4,5,6 Long step right foot to right, slide left foot to right (over 2 counts), weight on left foot

CROSS VINE 1/4 TURN LEFT, ROCK, RECOVER, SIDE

- 1,2,3 Step right foot behind left, step left foot beside right with 1/4 turn left, step forward on right foot
4,5,6 Rock forward on left foot, recover to right, step left foot to left side

LONG STEP RIGHT, SLIDE LEFT, LONG STEP LEFT, SLIDE RIGHT

- 1,2,3 Long step right foot to right, slide left foot to right (over 2 counts) weight stays on right
4,5,6 Long step left foot to left, slide right foot to right (over 2 counts) weight stays on left

FULL TURN RIGHT, LONG STEP RIGHT, SLIDE

- 1,2,3 Step right foot to right side with 1/4 turn right, step forward on left foot, pivot 3/4 turn right on left foot
4,5,6 Long step right foot to right, slide left foot to right (over 2 counts) weight stays on right

REPEAT

Good Morning Beautiful

Choreographed by Setsuko Motoki (Japan) 05 Nov, 2004

32count 4wall Intermediate 71.5bpm

Music: Good Morning Beautiful Day by Steve Holy [CD: Blue Moon / CD: Line Dance Fever 15]

ROCK, RECOVER, STEP LOCK, STEP, CROSS, TOUCH, CROSS, TOUCH

- 1,2 Rock right foot to right side, rock forward on left foot
- 3&4 Step back on right foot, lock left foot in front of right, step back on right foot
- 5,6 Step left foot behind right, touch right foot to right side
- 7,8 Step right foot behind left, touch left foot to left side

1/4 TURN LEFT SAILOR, PIVOT 1/2 TURN LEFT, CROSS, TOUCH, CROSS, TOUCH

- 1&2 Step left foot behind right, step right foot beside left with 1/4 turn left, step left foot to left
- 3,4 Step forward on right foot, pivot 1/2 turn left on right foot, step back on left foot
- 5,6 Step right foot across left, touch left foot to left side
- 7,8 Step left foot across right, touch right foot to right side

1/2 TURN RIGHT, WEAVE LEFT, ROCK, RECOVER, SAILOR 1/2 TURN LEFT

- 1,2 Step right foot beside left with 1/2 turn right, step left foot to left side
- 3&4 Step right foot behind left, step left foot to left side, step right foot across left
- 5,6 Rock left foot to left side, recover to right foot
- 7&8 Step left foot behind right, step right foot beside left with 1/2 turn left, step left foot to left

SIDE SHUFFLE, ROCK, RECOVER, FULL TURN RIGHT, SHUFFLE

- 1&2 Step right foot to right side, step left foot beside right, step right foot to right side
- 3,4 Rock back on left foot, recover to right foot
- 5,6 Step forward on left foot making 1/2 turn right, step back on right foot making 1/2 turn right
- 7&8 Step forward on left foot, step right foot beside left, step forward on left foot

REPEAT

RESTART

On the 4th wall dance up to count 18. Restart the dance from the beginning

Don't Come Cryin'

Choreographed by Setsuko Motoki (Japan) 07Feb, 2005

Description: 32count, 2wall, beginner/ Intermediate

Music: Don't Come Cryin' by Rustie Blue [146 bpm / CD: Chip Chip]

WIZARD OF OZ STEP X3; RIGHT LEFT RIGHT, ROCK, RECOVER 1/4 TURN LEFT

- 1-2& Step right foot diagonally forward, lock left foot behind right, (&) step forward on right foot
- 3-4& Step left foot diagonally forward, lock right foot behind left, (&) step forward on left foot
- 5-6& Step right foot diagonally forward, lock left foot behind right, (&) step forward on right foot
- 7-8 Rock forward on left foot, recover weight onto right foot while turning 1/4 left

STEP, HOLD, 1/2 TURN LEFT STEP, LEFT SAILOR, ROCK, RECOVER

- 1-2 Step left foot to left side, hold with snap
- 3-4 Step right foot to right side turning 1/2 left, hold with snap
- 5&6 Step left foot behind right, step right foot beside left, step left foot slightly forward
- 7-8 Rock forward on right foot, recover weight onto left foot

SLIDE, TOGETHER, BUMP, SIDE, TOGETHER, BUMP

- 1-2 Slide on right foot to right side, drag left foot beside right
- 3&4 Hip bumps on right left right with shoulders
- 5-6 Slide on left foot to left side, drag right foot beside left
- 7&8 Hip bumps on right left right with shoulders

ROCK, RECOVER 1/2 TURN RIGHT, SHUFFLE, CROSS, SIDE, LEFT COASTER

- 1-2 Rock forward on right foot, recover weight onto left foot while turning 1/2 right
- 3&4 Step forward on right foot, step left foot beside right, step forward on right foot
- 5-6 Step left foot across right, step right foot to right side
- 7&8 Step back on left foot, step right foot beside left, step forward on left foot

START AGAIN,

Cloud of Dust

Choreographed by Setsuko Motoki (Japan) 06 Feb, 2005

Description: 64count, 4wall, beginner/ Intermediate

Music: Cloud Of Dust by Rustie Blue [178 bpm / CD: Chip Chip]

- 1-2 Touch Right heel forward, Snap down Right toe stepping forward
- 3-4 Touch Left heel forward, Snap down Left toe stepping forward
- 5-8 Repeat 1-4

4 TOE STRUTS BACK: RIGHT, LEFT, RIGHT, LEFT

- 1-2 Step back with right onto ball, lower right heel
- 3-4 Step back with left onto ball, lower left heel
- 5-8 Repeat 1-4

TOE, HEEL, CROSS, HOLD, TOE, HEEL, CROSS, HOLD

- 1-2 Touch right toe beside left, touch right heel beside left
- 3-4 Step right foot across left, hold
- 5-6 Touch left toe beside right, touch left heel beside right
- 7-8 Step left foot across right, hold

ROCK, RECOVER, STEP 1/4 TURN RIGHT, HOLD, ROCK, RECOVER, STEP 1/2 TURN LEFT, HOLD

- 1-2 Rock forward on right foot, recover to left foot with 1/4 turn right
- 3-4 Step right foot to right side, hold
- 5-6 Rock forward on left foot, recover to right foot with 1/2 turn left
- 7-8 Step forward on left foot, hold

SKATE, SKATE, STEP, LOCK, STEP, HOLD

- 1-2 Skate right foot diagonally right, hold
- 3-4 Skate left foot diagonally left, hold
- 5-6 Step diagonally forward on right foot, lock left foot behind right
- 7-8 Step diagonally forward on right foot, hold

SKATE, SKATE, STEP, LOCK, STEP, HOLD

- 1-2 Skate left foot diagonally left, hold
- 3-4 Skate right foot diagonally right, hold
- 5-6 Step diagonally forward on left foot, lock right foot behind left
- 7-8 Step diagonally forward on left foot, hold

BACK, BACK, STEP, LOCK, STEP, HOLD

- 1-2 Step back on right foot diagonally right, hold
- 3-4 Step back on left foot diagonally left, hold
- 5-6 Step back diagonally right on right foot, lock left foot across right
- 7-8 Step back diagonally right on right foot, hold

1/2 TURN LEFT WALK, WALK, LEFT SHUFFLE

- 1-2 Step back on left foot turning 1/2 left, hold
- 3-4 Step forward on right foot, hold
- 5-6 Step forward on left foot, step right foot beside left
- 7-8 Step forward on left foot, hold

Put Your Best Dress On

Choreographed by Setsuko Motoki (Japan) 02, Oct, 2004

32count 4wall beginner /intermediate 114bpm

Choreographed to [Put Your Best Dress On] by Steve Holy , Remember When by Alan Jackson

CROSS, HOLD, TOUCH, HOLD, CROSS, HOLD, TOUCH, HOLD

- 1,2 Left step across right, hold,
- 3,4 Right touch side right, hold
- 5,6 Right step across left, hold
- 7,8 Left touch side left, hold

LEFT SAILOR, 1/4 TURN LEFT, HOLD, ROCK, RECOVER, SIDE, HOLD

- 1,2 Left step behind right, Right step beside left
- 3,4 Left step side to left with 1/4 turn left, hold
- 5,6 Rock forward on right, recover to left
- 7,8 Right step side to right, hold

CROSS, VINE RIGHT, CROSS, BACK, 1/4 TURN LEFT, SIDE, HOLD

- 1,2 Left step across right, Right step side right
- 3,4 Left step behind right, Right step side right
- 5,6 Left across right, Right step back with 1/4 turn left
- 7,8 Left step side to left, hold

SWAY, SWAY, RIGHT SAILOR, 1/4 TURN RIGHT, HOLD

- 1,2 Sway Right while stepping on Right, hold
- 3,4 Sway Left while stepping on Left, Hold
- 5,6 Right step behind left, Left step beside right
- 7,8 Right step side to right with 1/4 turn right, hold

START AGAIN,

ENJOY DANCING!