

# Commander

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**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Peter Metelnick & Alison Biggs , TheDanceFactoryUK, May 2010

**Music:** Commander by Kelly Rowlands featuring David Guetta -- 125bpm

**\*\* Dedicated to and in memory of Captain David Rickards - Cablesip Captain \*\***

**Start after 32 count intro on verse vocals**

**(1-8) ¼ R jazz box with arm movements, R fwd rock & recover, R coaster cross**

**1-4**      Cross R over L, step L back, turning ¼ right step R side, step L forward (3 o'clock)

**5-6**      Rock R forward, recover weight on L

**7&8**      Step R back, step L together, cross step R over L

## **Arm movements:**

**1: Make a cross crossing R arm in front of L arm at shoulder level,**

**2: Swing both arms out to side of head at shoulder level (think sides of picture frame),**

**3: Bring R arm horizontally over your head and L arm horizontally below your head (think top & bottom of picture frame),**

**4: Swing both arms to side of head at shoulder level (think sides of picture frame -same position as count 2)**

**5: Extend both arms forward as you do the rock forward and then bring arms back to your sides for rest of the dance**

**(9-16) L side rock & recover, L side ball step, L together, R side rock & recover, ¼ L ball step, R fwd**

**1-2**      Rock L side, recover weight on R

**&3-4**      Step L together, step R side, step L together

**5-6**      Rock R side, recover weight on L

**&7-8**      Step R together, turning ¼ left step L forward, step R forward (12 o'clock)

**(17-24) L fwd, R touch tog, R back, L heel fwd, L tog, R side point, ¾ R Monterey, L side point, L kick ball change**

- 1-2 Step L forward, touch R together
- &3&4 Step R back, touch L heel forward, step L together, point R side
- 5-6 Turning  $\frac{3}{4}$  right step R together, point L side (9 o'clock)
- 7&8 Kick L forward, step L together, step R forward

**(25-32) L fwd rock & recover,  $\frac{1}{2}$  L shuffle, R fwd,  $\frac{1}{4}$  L pivot turn, R cross shuffle**

- 1-2 Rock L forward, recover weight on R
- 3&4 Turning  $\frac{1}{2}$  left step L forward, step R together, step L forward (3 o'clock)
- 5-6 Step R forward, pivot  $\frac{1}{4}$  left (12 o'clock)
- 7&8 Cross step R over L, step L side, cross step R over L

**Ending: 7th wall. Dance first 32 counts step L side, hold. The End.**

**(33-40) L side rock & recover,  $\frac{1}{4}$  L toaster step, R cross step, L back, R diagonal back, L cross step, R back**

- 1-2 Rock L side, recover weight on R
- 3&4 Turning  $\frac{1}{4}$  left step L back, step R together, step L forward (9 o'clock)
- 5-6 Cross step R over L, step L back
- &7-8 Step R diagonally back, cross step L over R, step R back

**(41-48) L diagonal back, R cross step, L syncopated coaster, R fwd, L fwd,  $\frac{1}{4}$  R pivot turn, L cross step, R side**

- 1-2 Step L diagonally back, cross step R over L
- &3-5 Straightening up to the side wall step L back, step R together, L forward, step R forward
- 6&7-8 Step L forward, pivot  $\frac{1}{4}$  right, cross step L over R, step R side (12 o'clock)

**(49-56) L & R syncopated back rock steps, R fwd rock & recover,  $\frac{1}{2}$  R shuffle**

- 1-2 Rock L back, recover weight on R
- &3-4 Step L side, rock R back, recover weight on L
- 5-6 Rock R forward, recover weight on L
- 7&8 Turning  $\frac{1}{2}$  right step R forward, step L together, step R forward (6 o'clock)

**(57-64) L syncopated cross rock step, R forward rock step,  $\frac{1}{2}$  R & R fwd, L fwd,  $\frac{1}{2}$  R pivot turn, L fwd**

- 1-2** Cross rock L over R, recover weight on R
- &3-4** Step L next to R, rock R forward, recover weight on L
- 5-8** Turning ½ right step R forward, step L forward, pivot ½ right, step L forward (6 o'clock)

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