

Lava Line

A Four-Class Beginner Line Dance Series

Sign Up: <https://www.lavahotyoga.com/schedule>

Instagram: [@catskill.line](#)

www.catskillline.com

[Playlist](#)

[Monday, November 10](#)

[Monday, November 17](#)

[Monday, November 24](#)

[Monday, December 1](#)

[Monday, December 8](#)

CLASS 1: November 10

Warm Up:

Step Sheet: [Copperhead Road](#)

Song: [Copperhead Road, Steve Earle](#)

New:

Step Sheet: [Don't Wanna Go Home](#)

Song: [Drunk \(And I Don't Wanna Go Home\), Elle King, Miranda Lambert](#)

4 Wall, 32 Count Dance by Hayley Goy

- Steps: Grapevine, Stomp + Heel, Jazz Box (Turning), Rocking Chair
- 1 Restart - Wall 6, facing 3 o'clock. Repeat the first 8 counts.
- No Tags.

Step Sheet: [Shivers](#)

Song: [Shivers, Ed Sheeran](#)

4 Wall, 32 Count Dance by Brandon Zahorsky

- Steps: Cross Rock, Triple Step, Jazz Box (turning) , Grapevine
- No Restarts.
- No Tags.

CLASS 2: November 17

Warm Up:

[Copperhead Road](#)

New:

Step Sheet: [A Bar Song](#)

Song: [A Bar Song \(Topsy\)](#)

4 Wall, 32 Count Dance by Ben Murphy

- Steps: Rumbabox, Grapevine, Scuff, Heel Touch
- No Restarts.
- One Tag - Wall 10: End of Dance, add a step touch.

Step Sheet: [Good Time](#)

Song: [Good Time, Alan Jackson](#)

4 Wall, 48 Count Dance by Jenny Cain

- Toe Heel Steps, Grapevine with spin, Hitch Steps, Jump Step, Shuffles, Shimmy Steps
- No Restarts, No Tags

Review:

- [Don't Wanna Go Home](#)
- [Shivers](#)

BONUS CLASS: November 24

Warm Up:

[Copperhead Road](#)

Review + Practice:

- [A Bar Song](#)
- [Good Time](#)
- [Don't Wanna Go Home](#)
- [Shivers](#)

CLASS 3:

Warm Up:

[Copperhead Road](#)

New:

Step Sheet: [House Party](#)

Song: [House Party, Sam Hunt](#)

4 Wall, 24 Count Dance by Jessica Short & Kerry Kick

- Steps: Pivot, Triple Box with Quarter Turns, & Cross & Heel
- No Restarts
- No Tags

Step Sheet: [Country Girl Shake](#) - [Demo Video](#)

Song: [Country Girl, Luke Bryan](#)

4 Wall, 32 Count Dance by Michele Adlam & Maria Hennings Hunt

- Steps: Rock Recover, Shuffle Step, Mambo, Rock into a Spin
- No Restarts.
- No Tags.

Review:

- [Don't Wanna Go Home](#)
- [Shivers](#)
- [A Bar Song](#)
- [Good Time](#)

CLASS 4: FINAL CLASS!

Warm Up:

[Copperhead Road](#)

New:

Step Sheet: [The Wolf](#)

Song: [The Wolf, The Spencer Lee Band](#)

32 Count, 4 Wall Dance by Jonno Liberman. Swaps - Slave 4 You, Espresso

Steps:

- Hitch, Pony, Rocking Chair, Heel Twist, Pivot
- 1 Restart - Halfway into 3rd Wall
- No Tags

Review:

- [Don't Wanna Go Home](#)
- [Shivers](#)
- [A Bar Song](#)
- [Good Time](#)
- [House Party](#)
- [Country Girl Shake](#)

Let's party!