



Approved by:

Sandra

Aviemore

4 WALL – 32 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 3 & 4 5 – 7 8	Walk Forward x 2, Run Forward x 3, Jazz Box 1/4 Turn Cross Walk forward right. Walk forward left. Small runs forward (bending knees slightly) - right, left, right. Cross left over right. Step right back. Turn 1/4 left stepping left to left side. (9:00) Cross right over left.	Walk Walk Run Run Run Jazz Box Quarter Cross	Forward Turning left Left
Section 2 1 – 2 3 & 4 5 – 6 7 & 8	Side, Together, Chasse Left, Cross Rock, Chasse 1/4 Turn Step left to left side. Close right beside left. Step left to left side. Close right beside left. Step left to left side. Cross rock right over left. Recover onto left. Step right to side. Close left beside right. Turn 1/4 right stepping right forward. (12:00)	Side Together Chasse Left Cross Rock Chasse Quarter	Left On the spot Turning right
Section 3 1 & 2 3 & 4 5 & 6 & 7 & 8	Toe Heel Stomp x 2, Rocking Chair, Scuff Hitch Back Touch left toe beside right. Touch left heel beside right. Stomp left forward. Touch right toe beside left. Touch right heel beside left. Stomp right forward. Rock forward on left. Recover onto right. Rock back on left. Recover onto right. Scuff left forward. Hitch left knee. Step left back.	Toe Heel Stomp Toe Heel Stomp Rocking Chair Scuff Hitch Back	Forward On the spot
Section 4 1 & 2 3 & 4 5 & 6 & 7 & 8	Step With Hip Pushes x 3, Sweep, Sailor 1/4 Turn Step right back, body angled to right diagonal, and push hips - right, left, right. Step left back, body angled to left diagonal, and push hips - left, right, left. Step right back, body angled to right diagonal, and push hips - right, left, right. Sweep left from front to back. Step left back. Turn 1/4 left stepping right to side. Step left to place. (9:00)	Hips & Hips Hips & Hips Hips & Hips Sweep Sailor Quarter	Back On the spot Turning left
Ending 7 & 8	Music finishes at end of section 4, facing 12:00: Left Sailor Step Replace final counts with left sailor step and a big finish. Ta dah!		

Choreographed by: Sandra Speck (UK) May 2014

Choreographed to: 'Aviemore' by Paul Bailey
 download available from www.paulbaileymusic.co.uk or from iTunes
 (32 count intro)



A video clip of this dance is available at www.linedancermagazine.com