



GRCD-19000  
Instructional CD



## ***MICHAEL'S TWO STEP***

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Footwork: Opposite, (Woman's in parenthesis) Tempo: 45-48  
Rhythm: Two Step Phase: II  
Sequence: INTRO-AB-AB-END.

### **INTRO**

1 – 4 OP FCG WL, WAIT 2;; APT PT; TOG TCH to SCP;  
1-2 Op fcg wall, wait 2;;  
3-4 Apt L,-, pt R twd ptrn,-; Fwd R,-, tch L to SCP,-;

### **PART A**

1 – 4 2 FWD TS;; HITCH 6;;  
1-2 Fwd L, cls R, fwd L,-; Fwd R, cls L, fwd R,-;  
3-4 Fwd L, cls R, bk L,-; Bk R, cls L, fwd R,-;

5 – 8 VN APT 3; VN TOG 3~FC; 1/2 BOX; SCIS THRU~FC;  
5-6 In OP fcg LOD sd L, XRIB, sd L,-; Sd R, XLIB, sd R trng to fc ptrn in CP,-;  
7-8 Sd L, cls R, fwd L,-; Sd R, cls L, XRIF trng to fc ptrn,-;

9 – 12 LF TRNG BOX~SCP;;;:  
9-10 Sd L, cls R, fwd L trng 1/4 LF,-; Sd R, cls L, bk R trng 1/4 LF,-;  
11-12 Sd L, cls R, fwd L trng 1/4 LF,-; Sd R, cls L, bk R trng 1/4 LF blndg to SCP,-;

13 – 16 LACE UP~BFLY;;;:  
13-14 Fwd L, cls R, fwd L, changing sds with W going undr M's L hnd ending in LOP  
fcg LOD,-; Fwd R, cls L, fwd R,-;  
15-16 Fwd L, cls R, fwd L, changing sds with W going undr M's L hnd ending in OP  
fcg LOD,-; Fwd R, cls L, fwd R trng to fc ptrn in BFLY,-;

### **PART B**

1 – 4 FC~FC; RK SD REC; BK~BK; RK SD REC;  
1-2 Sd L, cls R, sd L trng 1/2 LF to a bk to bk position,-; Rk sd R,-, rec L,-;  
3-4 Sd R, cls L, sd R trng 1/2 RF to BFLY WL,-; Rk sd L,-, rec R,-;

5 – 8 BK APT 3; TOG 3 CHG SDS; BK APT 3; TOG 3~BFLY;  
5-6 Bk L, bk R, bk L, clap hands; Fwd R, fwd L, fwd R trng 1/2 RF (W LF) rise on ball  
of R foot to BFLY fcg COH,-;  
7-8 Bk L, bk R, bk L, clap hands; Fwd R, fwd L, fwd R to BFLY,-;

9 – 12 FC~FC; RK SD REC; BK~BK; RK SD REC;  
9-10 Sd L, cls R, sd L trng 1/2 LF to a bk to bk position,-; Rk sd R,-, rec L,-;  
11-12 Sd R, cls L, sd R trng 1/2 RF to BFLY WL,-; Rk sd L,-, rec R,-;

13 – 16 BK APT 3; TOG 3 CHG SDS; BK APT 3; TOG 3~SCP (2<sup>ND</sup> time thru to bfly);  
13-14 Bk L, bk R, bk L, clap hands; Fwd R, fwd L, fwd R trng 1/2 RF (W LF) rise on ball  
of R foot to BFLY Wall,-;  
15-16 Bk L, bk R, bk L, clap hands; Fwd R, fwd L, fwd R to SCP,-;

REPEAT PARTS A & B (2<sup>nd</sup> time thru go to BFLY)

### **ENDING**

1 SD CLS SD PT;  
1 Sd L, cls R, sd L, point R foot to RLOD;

## Tracks

1. Instrumental
  2. Michael's Two Step-cued
  3. Instructional CD
  4. Two step introductions
  5. Michael's Two Step Introduction
  6. Two Forward Two Steps
  7. Hitch Double
  8. Vine Apart and Together
  9. Half a Box Scissors Thru
  10. Left Turning Box
  - 08 Part A review
  - 09 Face to Face and Back to Back
  - 10 Back Apart & Together
  - 11 Rest of B
  - 12 End of Dance
  - 13 Dance Cued
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## **New CDS On Grenn Records**

- 18000-Waltz Of The Rose**
- 18001-Web Of Love**
- 18002-I Want A Quick Step**
- 18003-Dooley Doo**
- 18004-Domani Waltz**
- 18005-Q T Waltz**
- 18006-3/4 Waltz**
- 18007-Ohio Two Step**
- 18008-D Lovely**
- 18009-St. Louis Blues**