Welcome Line Dancers!

The American Country Dance Association would like to give a warm welcome to all Line Dancers and to let you know that we are sincerely honored to have you come dance and compete with us! For your convenience we have put together this summary of our rules that are pertinent to line dance. For a complete copy of the ACDA competition rules you may visit our website at www.AmericanCountryDanceAssociation.com. Please don’t hesitate to email me if you have any questions about these rules, the step sheets, or if there’s anything else I can do to assist you.

Sincerely,
Jim Criger, Line Dance Committee Chairman
jim@ShowMeShowdownDance.com

DRESS CODE:
MEN - Western style shirts or collared shirts with vest, western style jeans or pants, cowboy boots, and cowboy hat required.
WOMEN - Western style shirts or blouses, skirts, jeans or western style pants, dresses, and western boots.
No bare legs or bare midriffs allowed for either Men or Women! Bare Midriff – Any bare skin that is showing on the center part of the torso, from the breast line to the waistline and from side seam to side seam.
Costumes must be appropriate for a family oriented venue.

LINE DANCE GENERAL RULES
A “Professional/Instructor” who teaches line dance must enter Intermediate line dance divisions or above. To be eligible for overall placement, a competitor must compete in three out of five separate dance categories as defined in these rules. If a competitor competes in all five dance categories offered, the competitor’s best three placements will be the placements that are counted.

The DJ will preview all line dances prior to the first heat rather than throughout the line dance contest. Music will be faded at approximately two (2) minutes for dances of 40 counts or less, two minutes (2) for dances over 40 counts in length. Dance selections will remain in effect for the entire dance season.

A competitor must begin the dance facing a pre-designated direction positioned in a “line” with other competitors and perform the dance’s prescribed pattern after its official countdown (“5-6-7-8”) is spoken by the event DJ or is pre-recorded.

A competitor must perform the dance “plain vanilla” on the start of the dance and then must be “plain vanilla” on every other restart thereafter. (*Note: This does not apply to the Newcomer who must perform all walls “plain vanilla”.)

An advanced dancer must perform the first wall “plain vanilla” and the first 8 or 6 counts (Waltz) of the third wall “plain vanilla.”

Dance movements that incorporate slides, splits, jumps, pantomime, singing, speaking, lip-synching, or acted themes are not allowed unless they are movements that are strictly called for by the dance’s step description. However, all of the above movements are allowed in the Superstar Line Dance Division.
Newcomer Line Dance:

1. A dancing introduction is not allowed during the initial “instrumental” phrase of the music prior to the countdown. Competitors are only permitted to use their hands, arms, facial expressions, body styling, and skirt or hat work. A competitor must remain stationary with only a shift of weight allowed. A competitor must not take a step in any direction during the dancing introduction. A competitor must also remain facing in the original direction throughout the introduction. No turns or rotations of any kind are allowed.

2. A competitor must perform the basic “vanilla” pattern exactly as the step description calls for. No added syncopations or rhythm breaks are allowed within a dance’s basic pattern, nor are any other variations allowed beyond the dance’s dance description (dance movements that incorporate kicks, kicks, and floor sweeps, unless they are part of the dance description.) Movements that incorporate positions done “adagio” are not allowed.

Junior, Silver, Novice, Intermediate, Advanced:

1. A dancing introduction is allowed during the initial “instrumental” phrase of the music before the countdown. The introduction must be generally stationary (within the circumference of a single step in any direction,) thus maintaining the contestant’s position in line.

2. Variations should retain the mood and character of the dance’s “motion.”

3. Dance presentations that incorporate pantomime, singing, speaking, lip-synching, or acted themes are not allowed.

Superstars:

1. The Superstars division will perform the two dances listed in these rules (Lilt and Rise & Fall,) as well as a Solo Medley, in order to qualify for overall placement. The Solo Medley will be three (3) to seven (7) minutes long and must include at least 60 seconds in one line dance motion (Lilt, Rise & Fall, Smooth, Funky, or Cuban) and at least 60 seconds of another line dance motion. At least one of these motions must be different from the two required in the Superstars division. The remainder of the Medley may consist of any line dance motion desired by the competitor.

   1. Superstars must perform the first wall of their Lilt and Cuban dances “plain vanilla.”

   3. Tear away skirts are allowed in the Solo Medley.

   4. Non-country music may be used in the Superstar Solo.

Movement limitations, scoring format, advancement and costuming requirements will be the same as those listed in the Rules for Couples and Teams.

LINE DANCE DIVISIONS:

There will be separate divisions for male and female dancers in each of the following categories.

Junior: Dancers 17 years of age or younger. The Junior division will dance the same dances as the Novice division.

Newcomer: Dancers who have never competed in a Line Dance competition at an interstate dance contest at the Novice level or above.

Novice: Dancers who are not eligible for the Newcomer division or who last competed in the Novice line dance division of any other regional or national competition.

Intermediate: Dancers who are not eligible for the Novice division or who last competed in the Intermediate line dance division of any other regional or national competition.

Advanced: Dancers who are not eligible for the Intermediate division or who last competed in the Advanced line dance division of any other regional or national competition.

Superstars: Dancers who are not eligible for the Advanced division or who last competed in any division higher than the Advanced division in any other regional or national competition. Competitors may not “self promote” to the Superstars division, but may only advance to this division according to the American Country Dance Association’s graduation criteria.

Silver: Dancers who are 50 years of age or older. The Silver division will dance the same dances as the Novice division.

ACDA NATIONAL CHAMPIONSHIPS:

In order to qualify for the ACDA National Championships, each Line Dance Competitor must dance in two (2) qualifying events. A full program (at least three line dances) must be danced in at least one of the two qualifying events.
TRESPASSING
Choreographed by Fred Whitehouse & Darren Bailey

Description: 32 count, 4 wall, Street
Level: Novice
Music: 'Trespassing' by Adam Lambert (120 bpm)

Official UCWDC competition dance description
Date of usage 3 July 2014

Tag: at ends of walls - 3, 6, 10
Restart After First 8 Counts on Wall 9

1-8: Stomp Out R,L,R Flick and Roll, Twist toe, heel, toe.
1-2 Stomp Right foot to right side, Stomp Left foot to left side.
3&4 Stomp Right foot in place, Flick Left foot behind right knee, Step Left foot to left side.
5&6 Body Roll to left side (Facing 12 o’clock), Step Right foot beside Left foot, Step Left foot to left side (shoulder width apart)
7&8 Twist Right toe in, Twist Left heel in, Twist Right toe in, Making 1/8 of turn Left (facing 10:30) ending with feet together
( Restart here wall 9)

9-16: Pop x2, Rock forward, Rock back, 1/2 turn, 1/2 turn Jump
1-2 Walk Right foot forward, Popping Left knee forward, Walk Left foot forward, Popping Right knee forward (facing 10:30)
3&4 Rock Right foot forward, Recover onto Left foot, Step Right foot back
5&6 Rock Left foot back, Recover onto Right foot, Step Left foot forward
7-8 Make 1/2 turn left stepping Right foot back, Continue rotation over left shoulder, Jumping 1/2 turn Left with feet together. (Counts 7 & 8 combined make a full turn facing 10:30)

1-2 Walk Right foot forward, Walk Left foot forward (Facing 10:30)
3&4 Step Right foot to right side making 1/8 turn left (To face 9:00), Step Left foot back, Step Right foot back
5-6 Step Left foot back and grind right heel, step right foot back and grind left
7&8 Rock Left foot behind Right foot, Recover weight onto Right, Step Left foot forward making 1/4 turn Left (To face 6:00)

25-31: Switches x3, Flick and step, 1/4 turn left, Body Roll
1&2 Touch Right foot to right side, Touch Left foot to left side
&3&4 Step Left foot forward, touch Right foot to right side, Flick Right foot behind left knee, touching Right foot to right side
5-6 Step Right foot forward, Pivot 1/4 turn left, Feet slightly apart (3 o’clock)
7-8 Stomp Right foot beside Left foot, Body Roll up to finish.

16 Count TAG
1-2 Stomp Right Foot Shoulder width apart, push Right shoulder forward (as you stomp) x2
3&4 (Feet should be shoulder width apart) Slap Right thigh with right hand, Slap Left thigh with Left hand, Clap both hands in front of chest
5-6 Hitch Right knee up slapping both sides of your Right knee, Hitch Left knee up Slapping both sides of you Left knee
7& Clap both hand in front of chest x2
8 Finish with Right arm and hand extended, Pointing to Right side, And Left hand under your chin

Repeat Counts 1 - 8
BRIGHTER THAN THE SUN
Choreographed by Danielle Rowe

Description: 32 count, 4 wall, Smooth (wcs)
Level: Novice
Music: ‘Brighter Than The Sun’ by The Cast of Smash (97 bpm)

Official UCWDC competition dance description
Date of usage 17 April 2014

1-8 Out, Out and Cross, Rock and Cross, Sweep ½, Weave over, side, back, side
&1 Step RF out to side, Step LF out to side
&2 Step RF in place, Cross LF over right
3&4 Rock RF to side, Recover with LF, Cross RF over LF
5-6 Step LF in place, Sweeping RF ½ over R shoulder, Step onto RF
7&8 Cross LF over RF, Step RF to the side, Cross LF behind RF, Step RF to the side

9-16 Point turning ½ & ¼, Cross Rock, Side Rock, Sailor Step to R, Cross behind Turning ¼, Step Fwd, Lock Step Fwd
1-2 Weight on RF, Point LF to side turning ½ over R shoulder, Point LF to side turning ¼ R (keeping weight on RF)
3&4 Cross LF over RF, Recover RF, Side rock with LF, Recover RF
5&6 Step LF behind RF, Rock RF to R side, Recover with LF
7&8 Cross RF behind LF, Step forward with LF turning ¼ turn left
8& Step forward with RF, lock LF behind RF

17-24 2 Walks Fwd, Mambo Step, 2 Walks back, Coaster Step turning ½ Left
1-2 Walk forward RF, Walk forward LF
3&4 Rock forward with RF, Recover with LF, Step back with RF
5-6 Walks backwards - LF, RF
7&8 Step back with LF, Step RF next to LF turning ¼ left, Step forward with LF turning ¼ left

25-32 2 points, Coaster Step Fwd, Coaster Step turning 1/2, Syncopated Weave turning ¼ Left
&1 Step RF next to LF, Touch Left toe to side
&2& Step LF next to RF, Touch Right toe to side, Step RF next to LF
3&4 Rock forward with LF, Recover with RF, Step back with LF
5&6 Step back with RF, Step LF next to RF turning ¼ left, Step forward with RF turning ¼ left
7&8 Cross LF over RF turning ¼ L, Step RF to the side, Cross LF over RF

Tag happens after 2nd wall:
1-8 Walk forward x2, Mambo Fwd, Walk back x2, Mambo Back
1-2 Walk forward RF, Walk forward LF
3&4 Rock forward with RF, Recover with LF, Step back with RF
5-6 Walk back with LF, Walk back with RF
7&8 Rock back with LF, Recover with RF, Step forward with LF
FLOWERS IN THE SNOW
Choreographed by Judy McDonald

Description: 48 count, 2 wall, Rise & Fall
Level: Novice
Music: ‘Flowers in the Snow’ by Terri Clark (pitched down to 93 bpm)

Official UCWDC competition dance description
Date of usage 20 March 2014

1-6: L cross, R rondé, R cross, L side rock recover
1-3 Step L across right (1), sweep R forward and across left (2,3),
4-6 Step R across left (4), rock L to side (5), recover on R (6)

7-12: Repeat above 6 counts

13-18: L cross, R side ¼ turn, L step back, R back balance step
1-3 Step L across right, step R to side making ¼ turn left, step L back (face 9:00)
4-6 Step R back, step L beside right, step R forward

19-24: L ¼ turn weave, R step, L draw
1-3 Make ¼ left and step L across right (face 6:00), step R to side, step L behind right,
4-6 Step R to side, hold drawing L to R

25-30: L twinkle, R twinkle
1-3 Step L across right, step R to side, step L slightly forward
4-6 Step R across left, step L to side, step R slightly forward

31-36: L cross rock recover, L step side, R cross, L ¼ turn step back, R ½ turn step forward
1-3 Step L across right, recover on R, step L to side
4-6 Step R across left, make ¼ turn right stepping L back, make ½ turn right stepping R forward (3:00)

37-42: L step forward, ¼ turn taking weight on R
1-3 Step L forward and hold
4-6 Make a slow ¼ turn right taking weight on R (face 6:00)

43-48: L step across R step back making ¼ turn, step L side making ¼ turn, bend L knee, make ½ turn with L rondé
1-3 Step L across R, make ¼ turn left stepping R back, make ¼ turn left stepping L to side (face 12:00),
4-6 Bend L knee slightly and angle body left, make a slow ½ turn right taking weight on R and sweeping L forward and across to start dance again facing 6:00

Tag 1 (12 counts) - at the end of 2nd wall
1-3 Left twinkle
4-6 Cross R in front of L, 1/4T right and step L back, 1/4T right and step R to side
7-12 Repeat 1-6

Tag 2 (6 counts) - at the end of 4th wall
1-3 Left twinkle
4-6 Cross R in front of L, 1/4T right and step L back, 1/4T right and step R to side
SWEET TASTY CHA
Choreographed by Jeremie Tridon

Description: 32 counts, 4 walls, Cuban (cha cha)
Level: Novice
Music “Sweet Like Cola” by Lou Bega (125bpm)

Official UCWDC competition dance description
Date of usage 29 May 2014

1-9 Side step, ¼ Turn, forward triple, forward rock, back mambo
   1 Step LF to side
   2-3 Touch RF next to LF, ¼T right on LF
   4&5 Right triple step forward (3:00)
   6-7 Rock forward on LF, recover on RF
   8&1 Rock on LF, recover on RF, step forward on LF

10-17 Forward rock, ½T triple, steps, & triple step
   2-3 Rock forward on RF, recover on LF
   4&5 ¼T right and step RF to side, step LF next to RF, ¼T right and step RF forward (9:00)
   6-7 Step forward on LF, step forward on RF
   8&1 Step forward on LF, step RF behind LF, step forward on LF, step forward on RF

18-25 Rock step forward, side mambo, side rock, syncopated ¼ turn
   2-3 Rock forward on LF, recover on RF
   4&5 Rock to side on LF, recover on RF, cross LF in over LF
   6-7 Rock to side on RF, recover on LF
   8&1 Cross RF behind LF, ¼T left and step forward on LF, step forward on RF (6:00)

26-32 Rock step forward, left coaster step, spiral half turn, side triple
   2-3 Rock forward on LF, recover on RF
   4&5 Step back on LF, step RF next to LF, step forward on LF
   6-7 Step forward on RF, ¾T left on RF (face 9:00)
   8& Step LF to side, step RF next to LF

Tag – at the end of 9th and 10th wall
1-8: 2 left hip bump, 2 right hip bump, hips roll
   1-2 Step LF to side and bump hip to to left twice
   3-4 2 hip bump to right
   5-8 Hip roll counter clock wise ending with weight on RF)
Rain

**Count:** 32  
**Wall:** 4  
**Level:** Novice - Pulse (polka)

**Choreographer:** Michel Platje & Anita Zwiers (April 2012)

**Music:** 'Latter Rain' by Scooter Lee (130BPM)

[1-8]: **SIDE ROCK, SAILOR STEP, 2 SHUFFLE FORWARD**
1. LF step to left side
2. RF recover
3. LF step backwards
& RF step next to LF
4. LF step forward
5. RF step forward
& LF step next to RF
6. RF step forward
7. LF step forward
& RF step next to LF
8. LF step forward

[9-16]: **POINTS, KICKBALL CROSS, SLIDE**
1. RF Point to right side
2. Hold
& RF step together
3. LF point to left side
4. Hold
5. LF small kick forward
& LF Step next to RF
6. RF step over LF
7. LF big step to left side
8. RF drag next to LF

[17-24]: **STEP TURN, FULL TURN, SHUFFLE, ROCK STEP**
1. RF step forward and make ½ turn left
2. LF step forward (6:00)
3. RF step forward start turn over left shoulder
& LF to side
4. RF step forward (6:00)
5. LF step forward
& RF step next to LF
6. LF step forward
7. RF step to forward
8. LF Recover

[25-32]: **SHUFFLE BACKWARD, SHUFFLE ¼ TURN, CROSS UNWIND ½ TURN, KICK BALL CROSS**
1. RF step backwards
& LF next to RF
2. RF step backward
3. 1/4T left and LF step to side (face 3:00)
& RF step next to LF
4. LF step top side
5. RF cross behind LF
6. LF unwind ½ turn right (face 9:00)
7. LF kick forward
& LF step next to RF
8. RF cross over LF