

Teddy Bear Squeeze

Choreographed by Dan Albro

Description: 48 count, 4 wall, beginner/intermediate west coast swing line dance

Music: Somebody Needs A Hug by Keith Anderson

Start dancing on lyrics

TRIPLE HIPS, ROLL HIPS $\frac{1}{4}$ & STEP, STEP, SHUFFLE

- 1&2 Weight on right bump hips right, bump hips left, bump hips right
3-4 Roll hips around to the left shifting weight to left, continue hip roll shifting weight to right turning $\frac{1}{4}$ left (weight right back)
&5-6-7&8 Step left back, step forward right, step forward left, shuffle forward right, left, right

ROCK, STEP, $\frac{1}{2}$ TURN SHUFFLE, $\frac{1}{4}$ SIDE SHUFFLE, COASTER STEP

- 1-2 Rock left forward, step right back
3&4 Turn $\frac{1}{4}$ left stepping side left, step right together, turn $\frac{1}{4}$ left stepping forward left
5&6 Turn $\frac{1}{4}$ left stepping side right, step left together, step right to side
7&8 Step left back, step right together, step forward left

3 STEPS FORWARD, $\frac{1}{4}$ TOUCH, CROSS, TURN BACK $\frac{3}{4}$, SHUFFLE FORWARD

- 1-2-3-4 Step forward right, step forward left, step forward right, turn $\frac{1}{4}$ right touching left toe side
5-6 Cross left over right, turn $\frac{1}{4}$ left stepping right back
7&8 Turn $\frac{1}{4}$ left stepping side left, step right together, turn $\frac{1}{4}$ left stepping left forward

3 STEPS FORWARD, $\frac{1}{4}$ TOUCH, CROSS, TURN BACK $\frac{1}{2}$, SHUFFLE SIDE

- 1-2-3-4 Step forward right, step forward left, step forward right, turn $\frac{1}{4}$ right touching left toe side
5-6 Cross left over right, turn $\frac{1}{4}$ left stepping right back
7&8 Turn $\frac{1}{4}$ left stepping side left, step right together, step left to side

CROSS ROCK, STEP, SHUFFLE, CROSS ROCK, STEP, & CROSS, CLAP HANDS

- 1-2-3&4 Cross rock right over left, recover on left, step right to side, step left together, step right to side
5-6&7-8 Cross rock left over right, recover on right, step left back, cross right over left, clap hands

& HEEL, CLAP HANDS, & CROSS, CLAP HANDS, OUT, OUT, HIPS

- &1-2&3-4 Step left to side, touch right heel forward angle right, clap, step back right, cross left over right, clap
&5-6&7&8 Step right to side, step left to side, keeping weight on left bump hips left, right, left, right, left

REPEAT

Pam & Eagle Lindsey
dancin.feats@verizon.net
www.dancinfeats.com