



# 100% EMOTIONAL (3,03)

Record: by No Angels CD  
Choreo: Intermediate line by Monika Zöller, 81737 München

Intro: wait 8 beats, start on left foot  
Sequence: A - Chorus - A - Chorus Break - Slow - Break  
Chorus - Chorus(both without shoulders) Ending

## Part A

2 Time Step Sto-DS(xif)-Sto(xib)-DS(xb)-Sto with arm movements  
L R L R L  
1 &2 & 3& 4

2 Basketball Toe(f)-Pivot ½ R-Toe(f)-Pivot ½ R  
L R L R  
1 2 3 4

Fancy Double DS-DS-Heel-He-Ba-Toe-He-Ba  
L R L R R L R R  
&1 &2 & a 3 & a 4

repeat all above and **add:**

Synco Flap DS-Flap(ots)-R(xib)-Step(ots)-Flap(ots)-R(xib)-Step  
L L R L L R L  
&1 & 2 & 3 & 4

Burton Switch DS-DS-DT-Dig/Bo-Bo/Dig-Sl/up  
R L R L/R L/R L/R  
&1 &2 & 3 & 4

repeat all above, move right on Flaps

## Chorus

Vine eight DS-DS(xif)-DS-DS(xib)-DS-DS(xif)-DS-R-S  
L R L R L R L R L  
&1 &2 &3 &4 &5 &6 &7 &8

My Way Sto-DTBa(xif)-Ba(xib)-Ba(xb)-Ba(xif)-Bo/Dig-  
R L R L R L/R  
1 &2 & 3 & 4

pa-Sl-DS-R-S-Slur-up/Sl turn ½ right on Slur  
L R L R L L/R  
& 5 &6 & 7 & 8

**continue Chorus**

repeat all above and **add:**

Shoulders right-left-right-hands on waist  
1 2 3 4

**Break**

Synco Stomp Stomp-DS-Stomp-DS-Stomp move forward  
L R L R L  
1 &2 & 3& 4

Turkey Step Slide-Heel-Flap-Step-DS-R-S turn ¼ L Basic  
L L L R L RL  
& 1 & 2 &3 & 4

repeat three more times to form a box

**Slow Part**

Shoulders right-left-right-left  
1 2 3 4

Cross Leg L xif R  
5 6 7 8

Full Turn turn 360° R with 8 beats

Shoulders right-left-right-waist  
1 2 3 4

**Ending**

Shoulders right-left-right-on beat 4-cross arms in front and grip your shoulders, face down, weight is on your right foot, left knee should be bend