

Fitness für den Weihnachtsmann

Music: Volker Rosin, Dezember Disko

GEMA-Werk.-Nr: 10087057-001

Choreo: Ralf Ebert, Ralf.Ebert1@gmail.com

Sequence: **Intro A B C1 A B C2 A B C3 A B C4 A B C5**

Intro: Wait 32 beats, **Start with right foot**

Level: Easy-Intermediate

Time: 3:27

BPM: 145 beats/min



Intro

Grape Vine	S(ots)	S(xib)	S(ots)	TCH
	R	L	R	L
	1	2	3	4

Part A

Vine Eight	DS	DS(xif)	DS	DS(xib)	DS	DS(xif)	DS	RS	
	L	R	L	R	L	R	L	RL	
	&1	&2	&3	&4	&5	&6	&7	&8	
Vine Four or Vine 4	DS	DS(xif)	DS	DS(xib)					
	R	L	R	L					
	&1	&2	&3	&4					
Drag Back	DR	S(ib)	DR	S(ib)	DR	S(ib)	RS		turn 1/2L on Drags
	L	R	R	L	L	R	LR		
	&	1	&	2	&	3	&4		
	Repeat all above								
2 Toe-Heel	T	H							
	L	L							
	R	R							
	&	1							

Part B

Cowboy	DS	DS	DS	BR	UP/H	DS(xif)	RS	RS	RS	move fwd on beat 1-3, move back on beat 6-8
	L	R	L	R	R L	R	LR	LR	LR	
	&1	&2	&3	&	4	&5	&6	&7	&8	
Triple Kick	DS	DS	DS	KK	UP/H					forward
	L	R	L	R	R L					
	&1	&2	&3	&	4					
Grape Vine	S(ots)	S(xib)	S(ots)	TCH						
	R	L	R	L						
	1	2	3	4						
2 Step Touch	S(ots)	TCH								
	L	R								
	R	L								
	1	2								

Sequence: **Intro A B C1 A B C2 A B C3 A B C4 A B C5**

Part C1

	Hands crank down, turn ³/₄R									
3 Louisiana Step	DS	DS	DS	DS	S	S	S	S	move fwd on beat 1-4, move back on beat 5 & 6, turn on beat 7, move fwd on beat 8	
	L	R	L	R	L	R	L	R		
	&1	&2	&3	&4	5	6	7	8		
Jazz ist anders	S	S(xif)	S(xib)	S(ots)	R	S	S(xif)	S(xib)	S(ots)	turn ¹ / ₂ L in 1 st box
	L	R	L	R	L	R	L	R	L	
	1	2	3	4	&	5	6	7	8	
Jazz Box Touch	S	S(xif)	S(xib)	TCH(ots)						
	R	L	R	L						
	1	2	3	4						

Part C2

	Hands lift weights, turn ³/₄R									
3 Louisiana Step	DS	DS	DS	DS	S	S	S	S	move fwd on beat 1-4, move back on beat	
	L	R	L	R	L	R	L	R	5 & 6, turn on beat 7, move fwd on beat 8	
	&1	&2	&3	&4	5	6	7	8		
Jazz ist anders	S	S(xif)	S(xib)	S(ots)	R	S	S(xif)	S(xib)	S(ots)	turn ¹ / ₂ L in
	L	R	L	R	L	R	L	R	L	1 st box
	1	2	3	4	&	5	6	7	8	
Jazz Box Touch	S	S(xif)	S(xib)	TCH(ots)						
	R	L	R	L						
	1	2	3	4						

Part C3

	Hands carry sack on back, turn $\frac{3}{4}$R									
3 Louisiana Step	DS	DS	DS	DS	S	S	S	S	move fwd on beat 1-4, move back on beat 5 & 6, turn on beat 7, move fwd on beat 8	
	L	R	L	R	L	R	L	R		
	&1	&2	&3	&4	5	6	7	8		
Jazz ist anders	S	S(xif)	S(xib)	S(ots)	R	S	S(xif)	S(xib)	S(ots)	turn $\frac{1}{2}$L in 1st box
	L	R	L	R	L	R	L	R	L	
	1	2	3	4	&	5	6	7	8	
Jazz Box Touch	S	S(xif)	S(xib)	TCH(ots)						
	R	L	R	L						
	1	2	3	4						

Part C4

	Hands use ski poles, turn ³/₄R									
3 Louisiana Step	DS	DS	DS	DS	S	S	S	S	move fwd on beat 1-4, move back on beat 5 & 6, turn on beat 7, move fwd on beat 8	
	L	R	L	R	L	R	L	R		
	&1	&2	&3	&4	5	6	7	8		
Jazz ist anders	S	S(xif)	S(xib)	S(ots)	R	S	S(xif)	S(xib)	S(ots)	turn ¹ / ₂ L in 1 st box
	L	R	L	R	L	R	L	R	L	
	1	2	3	4	&	5	6	7	8	
Jazz Box Touch	S	S(xif)	S(xib)	TCH(ots)						
	R	L	R	L						
	1	2	3	4						

Part C5

	Show biceps alternately, turn 3/4R								
3 Louisiana Step	DS	DS	DS	DS	S	S	S	S	move fwd on beat 1-4, move back on beat 5 & 6, turn on beat 7, move fwd on beat 8
	L	R	L	R	L	R	L	R	
	&1	&2	&3	&4	5	6	7	8	
Jazz Box	S	S(xif)	S(xib)		S(ots)				
	L	R	L		R				
	1	2	3		4				
Step & Turn	S(xif)		PVT(R)						turn 3/4
	L		bo						
	1		2-4						

Sequence: **Intro A B C1 A B C2 A B C3 A B C4 A B C5**

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Easy-Intermediate, 145 beats/min, 3:27

Wait 32 beats, **start with right foot**

Intro Grape Vine

A Vine Eight, Vine Four, Drag Back **turn $\frac{1}{2}$ L on Drags**
Vine Eight, Vine Four, Drag Back **turn $\frac{1}{2}$ L on Drags**
2 Toe Heel

B Cowboy, Triple Kick, Grape Vine, 2 Step Touch

C1 3 Louisiana Step **crank down on beat 1-4, turn $\frac{3}{4}$ on beat 7**
4 Doublesteps forward, 1 Step backward, Step Turn $\frac{3}{4}$ R, 2 Steps forward
Jazz ist anders, **Turn $\frac{1}{2}$ L in 1st box** Jazz Box Touch

A Vine Eight, Vine Four, Drag Back **turn $\frac{1}{2}$ L on Drags**
Vine Eight, Vine Four, Drag Back **turn $\frac{1}{2}$ L on Drags**
2 Toe Heel

B Cowboy, Triple Kick, Grape Vine, 2 Step Touch

C2 3 Louisiana Step **lift weights on beat 1-4, turn $\frac{3}{4}$ on beat 7**
4 Doublesteps forward, 1 Step backward, Step Turn $\frac{3}{4}$ R, 2 Steps forward
Jazz ist anders, **Turn $\frac{1}{2}$ L in 1st box** Jazz Box Touch

A Vine Eight, Vine Four, Drag Back **turn $\frac{1}{2}$ L on Drags**
Vine Eight, Vine Four, Drag Back **turn $\frac{1}{2}$ L on Drags**
2 Toe Heel

B Cowboy, Triple Kick, Grape Vine, 2 Step Touch

C3 3 Louisiana Step **carry sack on the back on beat 1-4, turn $\frac{3}{4}$ on beat 7**
4 Doublesteps forward, 1 Step backward, Step Turn $\frac{3}{4}$ R, 2 Steps forward
Jazz ist anders, **Turn $\frac{1}{2}$ L in 1st box** Jazz Box Touch

A Vine Eight, Vine Four, Drag Back **turn $\frac{1}{2}$ L on Drags**
Vine Eight, Vine Four, Drag Back **turn $\frac{1}{2}$ L on Drags**
2 Toe Heel

B Cowboy, Triple Kick, Grape Vine, 2 Step Touch

C4 3 Louisiana Step **use ski poles on Beat 1-4, turn $\frac{3}{4}$ on Beat 7**
4 Doublesteps forward, 1 Step backward, Step Turn $\frac{3}{4}$ R, 2 Steps forward
Jazz ist anders, **Turn $\frac{1}{2}$ L in 1st box** Jazz Box Touch

A Vine Eight, Vine Four, Drag Back **turn $\frac{1}{2}$ L on Drags**
Vine Eight, Vine Four, Drag Back **turn $\frac{1}{2}$ L on Drags**
2 Toe Heel

B Cowboy, Triple Kick, Grape Vine, 2 Step Touch

C5 3 Louisiana Step **show biceps alternately on beat 1-4, turn $\frac{3}{4}$ on beat 7**
4 Doublesteps forward, 1 Step backward, Step Turn $\frac{3}{4}$ R, 2 Steps forward
Jazz Box, Step **cross in front**, turn $\frac{3}{4}$ R

Schritte

Cowboy	DS L R &1	DS R L &2	DS L R &3	BR R L &	UP/H R L 4	DS(xif) R L &5	RS LR RL &6	RS LR RL &7	RS LR RL &8	move fwd on beat 1-3, move back on beat 6-8
Drag Back	DR R L &	S(ib) L R 1	DR L R &	S(ib) R L 2	DR R L &	S(ib) L R 3	RS RL LR &4			
Grape Vine	S(ots) L R 1	S(xib) R L 2	S(ots) L R 3	TCH R L 4						
Jazz Box Touch	S L R 1	S(xif) R L 2	S(xib) L R 3	TCH(ots) R L 4						
Jazz ist anders	S L R 1	S(xif) R L 2	S(xib) L R 3	S(ots) R L 4	R L &	S R 5	S(xif) L R 6	S(xib) R L 7	S(ots) L R 8	
Louisiana Step	DS L R &1	DS R L &2	DS L R &3	DS R L &4	S L 5	S R 6	S L 7	S R 8	move fwd on beat 1-4, move back on beat 5 & 6, turn on beat 7, move fwd on beat 8	
Step Touch	S(ots) L R 1	TCH R L 2								
Step & Turn	S(xif) L R 1	PVT(R) bo PVT(L) 2-4								
Toe-Heel	T L R &	H L R 1								
Triple Kick	DS L R &1	DS R L &2	DS L R &3	KK R L &	UP/H R L 4					
Vine Eight	DS L R &1	DS(xif) R L &2	DS L R &3	DS(xib) R L &4	DS L R &5	DS(xif) R L &6	DS L R &7	RS RL LR &8		
Vine Four or Vine 4	DS L R &1	DS(xif) R L &2	DS L R &3	DS(xib) R L &4						