



Continental

Description: 16 count, 4 wall, beginner line dance
Music: Satin Doll or any Foxtrot tempo song

SIDE RIGHT (4 COUNTS)

- 1 Step side right with right foot
- 2 Bring left foot to right foot
- 3 Step side right with right foot
- 4 Touch left foot beside right foot

SIDE LEFT (4 COUNTS)

- 5 Step side left with left foot
- 6 Bring right foot to left foot
- 7 Step side left with left foot
- 8 Touch right foot beside left foot

WALK FORWARD, ¼ TURN RIGHT (4 COUNTS)

- 9 Step forward with right foot
- 10 Step forward with left foot
- 11 Step forward with right foot and make a ¼ turn to the right
- 12 Raise left knee

WALK BACK (4 COUNTS)

- 13 Step back on left foot
- 14 Step back on right foot
- 15 Step back on left foot
- 16 Touch right foot beside left foot

REPEAT