

## CHOREOGRAPHY

### SLIDE-N-GLIDE

*Featuring Darryl DMC McDaniels*

*Composer/Producer: Artie Green*

*Choreographers: Marc Santa Maria & LaShawn Jones*

1. GROOVE Step:  
Tapping feet SIDE to SIDE: Single, Single, Double (4X)  
Switch to heels (or knees) to FRONT: Single, Single, Double (4X)
  
2. *“Are You Ready?”*  
SLIDE to the LEFT; RIGHT arm out to the side  
SLIDE to the RIGHT; LEFT out to the side  
SLIDE to the LEFT; RIGHT arm out to the side  
SLIDE to the RIGHT; LEFT out to the side  
  
SLIDE to the FRONT: BOTH arms pull back  
SLIDE to the BACK: BOTH arms push forward  
SLIDE to the FRONT: BOTH arms pull back  
SLIDE to the BACK: BOTH arms push forward
  
3. *“It’s Just like your favorite ride”*  
DRIVE the car LEFT and RIGHT (4x)  
SLIDE LEFT; BOTH arms to the RIGHT  
SLIDE RIGHT; BOTH arms to the LEFT  
SHOULDER SLIDE (1, 2, 3, stop)  
SHOULDER SLIDE (1, 2, 3, stop)

4. GROOVE Step:

Tapping feet SIDE to SIDE: Single, Single, Double (4X)

5.

*“SLIDE... LEFT!”* Stomp; Shoulders up & down

*“SLIDE... RIGHT!”* Stomp; Shoulders up & down

*“SLIDE to the FRONT!”* Stomp; Shoulders up & down

*“SLIDE to the BACK!”* Stomp; Shoulders up & down

*“SLIDE ... LEFT!”* Stomp; Shoulders up & down

*“SLIDE ... RIGHT!”* Stomp; Shoulders up & down

*“SLIDE to the FRONT!”* Stomp; Shoulders up & down

*“SLIDE to the BACK!”* Stomp; Shoulders up & down

*“STOP!”* FREEZE and POSE

6. GROOVE Step:

Tapping feet SIDE to SIDE: Single, Single, Double (4X)

7. *“SLIDE and CROSS!”*

*“SLIDE and CROSS!”*

*“SLIDE and CROSS!”*

*“SLIDE and CROSS!”*

*“STOP!”* FREEZE and POSE