

Picture In A Frame

Count: 32 **Wall:** 1 **Level:** Absolute Beginner
Choreographer: Charlotte Steele (SA) – October 2025
Music: Picture In A Frame – Stella Parton

Intro: 32 counts. Start on vocals. No Tags. No Restarts. Option: 1 or 4 wall dance.

Sec.1 Heel Struts Forward R-L. Shuffle Forward R-L-R. L Rock Forward-Recover.

- 1,2 Touch R heel forward, drop R toes down
- 3,4 Touch L heel forward, drop L toes down
- 5&6 Step forward on R, step L next to R, step R forward
- 7,8 Rock/step forward on L, recover back onto R (12:00)

Styling Option: Click/snap fingers at shoulder level on the heel struts

Sec.2 Toe Struts Back L-R. Shuffle Back L-R-L. R Rock Back-Recover.

- 1,2 Touch L toes back, drop L heel down
- 3,4 Touch R toes back, drop R heel down
- 5&6 Step back on L, step R next to L, step L back
- 7,8 Rock/step back on R, recover forward onto L (12:00)

Styling Option: Click/snap fingers at shoulder level on the toe struts

Sec.3 R Side Toe Strut. L Cross Toe Strut. Chasse right. L Rock Back-Recover.

- 1,2 Touch R toes to right side, drop R heel down
- 3,4 Cross L toes over R, drop L heel down
- 5&6 Step R to right side, step L next to R, step R to right side
- 7,8 Rock/step back on L, recover forward onto R (12:00)

Styling Option: Click/snap fingers to the side on the toe struts

Sec.4 L Side Toe Strut. R Cross Toe Strut. Chasse left (*Option: ¼ turn left). Stomp R-L.

- 1,2 Touch L toes to left side, drop L heel down
- 3,4 Cross R toes over L, drop R heel down
- 5&6 Step L to left side, step R next to L, step L to left side (*4 wall option – see below)
- 7,8 Lightly stomp/step R next to L, lightly stomp/step L in place (12:00)

Styling Option: Click/snap fingers to the side on the toe struts

***4 WALL OPTION: Sec.4 counts 5&6**

5&6 Step L to left side, step R next to L, turn ¼ left and step fwd on L (9:00)

Start Again

Contact: steelecharlotte2013@gmail.com