

# Ave Sau

Count: 32

Wand: 2

Ebene: Novice

Choreograf/in: Gabi Ibáñez (ES) & Paqui Monroy (ES) - April 2016

Musik: Midnight Train - The Washboard Union



First released at the 5th Anniversary of Country Sierra, Madrid (23-04-16)

## HEEL x 2, ROCK STEP, BACK SHUFFLE, STOMP x 2

- 1- Touch right heel forward
- &- Step right together
- 2- Touch left heel forward
- &- Step left together
- 3- Rock right forward
- 4- Recover your weight on to the left
- 5- Step right back
- &- Step left together
- 6- Step right back
- 7- Stomp left beside the right
- 8- Stomp right beside the left

## HEEL x 2, ROCK STEP, ½ TURN SHUFFLE, STOMP x 2

- 9- Touch left heel forward
- &- Step left together
- 10- Touch right heel forward
- &- Step right together
- 11- Rock left forward
- 12- Recover your weight on to the right
- 13- Step left to the left, turning ¼ turn to the left at the same time
- &- Step right beside the left
- 14- Step left to the left, turning ¼ turn to the left at the same time
- 15- Stomp right beside the left
- 16- Stomp left beside the right

## ROCK STEP, CROSS-SIDE-CROSS, ROCK x 3, ¼ TURN HOOK

- 17- Rock right to the right
- 18- Recover your weight on to the left
- 19- Cross right behind the left
- &- Step left to the left
- 20- Cross right over the left
- 21- Rock left to the left
- 22- Rock right to the right
- 23- Rock left to the left
- 24- Hook right over the left, turning ¼ turn to the left

## SHUFFLE FORWARD, JUMPING ROCK STEP, ½ TURN STEP, ¼ TURN STOMP-UP

- 25- Step right forward
- &- Step left together
- 26- Step right forward
- 27- Jumping, rock left back raising your right foot at the same time
- 28- Recover your weight on to the right
- 29- Step left forward
- 30- Pivot ½ turn to the right on to the right

- 31- turning 1/4 turn to the right at the same time Step left to left  
32- Stomp-up right beside the left

**Repeat**

**END: At the 12th wall dance only the first eight counts but change the last two counts, turning ½ turn to the left just before the last stomp:**

**HEEL, HEEL, ROCK STEP, BACK SUFFLE, ½ TURN STOMP, STOMP**

- 1- Touch right heel forward  
&- Step right together  
2- Touch left heel forward  
&- Step left together  
3- Rock right forward  
4- Recover your weight on to the left  
5- Step right back  
&- Step left together  
6- Step right back  
7- ½ turn to the left at the same time Stomp left turning  
8- Stomp right beside the left

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**canal youtube Gabi Ibañez: <https://www.youtube.com/channel/UCMDUW5iC5kISTPLtJ2m7r8Q>**

**Stepsheet: Paqui Monroy & Gabi Ibañez**

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