Steady Love

Count: 80	**Wand:** 1	**Ebene:** Soul dance	

Choreograf/in: Windy Lawrence-Booker - March 2020

Musik: Steady Love - India.Arie : (Album: Worthy - 4:22)

Step sheet prepared by Harry Woods

#32 count intro after near 15 second lead-in, support on right to begin a rotation (first rotation itself actually begins with support on the left with the last two counts of the intro, the steps matching those for the last two counts of a rotation)

INTRO: STEP, POINT

7-8	Step right forward, point left to side

SECTION 1: CROSS, SIDE, BEHIND SIDE CROSS, SWAY RLRL

1-2	Step left across right, step right to side
3&4	Step left behind right, step right to side, step left across right
5-8	Step right to side swaying hips right, left, right, left replacing left

SECTION 2: CROSS, SIDE, BEHIND SIDE CROSS, SWAY LRLR

1-2	Step right across left, step left to side
3&4	Step right behind left, step left to side, step right across left
5-8	Step left to side swaying hips left, right, left, right replacing right

SECTION 3: MAMBO FORWARD, MAMBO BACK, MAMBO LEFT, MAMBO RIGHT

1&2	Rock left forward, recover right, step left slightly back
3&4	Rock right back, recover left, step right slightly forward
5&6	Rock left to side, recover right, close left
7&8	Rock right to side, recover left, close right

SECTION 4: BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, BACK, TOUCH

1-4	Step left back opening left, touch right beside left, step right back opening right, touch left beside right
5-8	Step left back opening left, touch right beside left, step right back opening right, touch left beside right

SECTION 5: WALK LRLR, COASTER, WALK RL

1-4	Step forward left, right, left, right
5&6	Step left back pushing off ball of right, step right beside left, step left forward
7-8	Step forward right, left

SECTION 6: SIDE, TOGETHER, SIDE, TOUCH, SIDE, TOGETHER, SIDE, TOUCH

1-4	Step right to side with sway, close left with sway, step right to side with sway, touch left beside right
5-8	Step left to side with sway, close right with sway, step left to side with sway, touch right beside left

SECTION 7: SIDE, DIP, RECOVER, DIP, REPLACE, DIP, RECOVER, DIP

1-4	Step right to side, dip left knee and shoulder toward right bending slightly, replace left raising slightly, dip left knee and shoulder toward right bending slightly
5-8	Recover left straightening, dip right knee and shoulder toward left bending slightly, replace right raising slightly, dip right knee and shoulder toward left bending slightly

SECTION 8: BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, BACK, TOUCH

1-4	Step right back opening right, touch left beside right, step left back opening left, touch right beside left
5-8	Step right back opening right, touch left beside right, step left back opening left, touch right beside left

Tag goes here during 2nd rotation with dance resuming with SECTION 9

SECTION 9: TRIPLE FORWARD, STEP (TURN ½), REPLACE, TRIPLE FORWARD, WALK RL

1&2	Step right forward, step left beside right (3rd position), step right forward
3-4	Step left forward then turn ½ right, replace right
5&6	Step left forward, step right beside left (3rd position), step left forward
7-8	Step forward right, left

SECTION 10: TRIPLE FORWARD, STEP (TURN ½), REPLACE, TRIPLE FORWARD, STEP, POINT

1&2	Step right forward, step left beside right (3rd position), step right forward
3-4	Step left forward then turn ½ right, replace right
5&6	Step left forward, step right beside left (3rd position), step left forward
7-8	Step right forward, point left to side

REPEAT

TAG Follows SECTION 8 during 2nd rotation, after which, dance continues with SECTION 9

SECTION 1: TRIPLE RIGHT, ROCK BACK, RECOVER, TRIPLE LEFT QUARTER, ROCK BACK, RECOVER

1&2	Step right to side, step left beside right, step right to side
3-4	Rock left back, recover right
5&6	Step left to side, step right beside left then turn ¼ right, step left back
7-8	Rock right back, recover left

SECTION 2: Repeat SECTION 1
SECTION 3: Repeat SECTION 1
SECTION 4: Repeat SECTION 1
ENDING During 3rd rotation after SECTION 10 count 6 continue to walk in time off floor

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