My Sarah Jane



Count: 46 Wand: 2 Ebene: Intermediate

Choreograf/in: Melissa Lau (NZ) - October 2020

Musik: Sarah Jane - Nathan Carter



Dance begins on vocals after 22 counts

CROSS ROCK-RECOVER, SIDE ROCK-RECOVER, BEHIND, 1/4, 1/2, COASTER, FWD LOCK-STEP

Rock R across L, recover weight on L, rock R to side, recover weight on L (12:00)

Step R behind L, ¼ turn left stepping L fwd (9:00), ½ turn left stepping R back (3:00)

5&6 Step L back, step R next to L, step L fwd

7&8 Step R fwd, step L crossed behind R, step R fwd

CROSS ROCK-RECOVER, SIDE ROCK-RECOVER, BEHIND, 1/4, 1/4, COASTER, FWD LOCK-STEP

1&2& Rock L across R, recover weight on R, rock L to side, recover on R

3&4 Step L behind R, ¼ turn right stepping R fwd (6:00), ½ turn right stepping L back (12:00)

5&6 Step R back, step L next to R, step R fwd

7&8 Step L fwd, step R crossed behind L, step L fwd

FWD, TOUCH, BACK, TOUCH, ½ TURN SHUFFLE, FWD, TOUCH, BACK, ¼ LEFT SAILOR

1&2& Step R fwd, tap L toe next to R, step L back, tap R toe next to L

3&4 Turn ½ right stepping R fwd, step L next to R, step R slightly fwd (6:00)

5&6 Step L fwd, tap R toe next to L, step R back

7&8 Swing/step L behind R turning ¼ left (3:00), step R to side, step L to side

EXTENDED WEAVE-TOUCH, LEFT 'HEEL JACKS'

1&2&3&4 Cross R over L, step L to side, step R behind L, step L to side, cross R over L, step L to side,

tap R toe next to L

&5&6 Step R diagonal back, tap L heel diagonal fwd, step L into centre, touch R beside L &7&8 Step R diagonal back, tap L heel diagonal fwd, step L into centre, touch R beside L

VAUDEVILLE, 1/4 TURNING VAUDEVILLE, BACK LOCK-STEP, LEFT FULL TURN TRIPLE STEP

&1&2 Step R diagonal back, cross L over R, step R diagonal back turning body diagonal left, touch

L heel diagonal fwd left

&3&4 Step L diagonal back, cross R over L, turn ½ right stepping L diagonal back with body turned

diagonal right, touch R heel diagonal fwd right (6:00)

5&6 Step R back, step L back crossed over R, step R back

7&8 Full turn left triple step on the spot, stepping L-R-L (or Coaster step - no turn)

SIDE ROCK-FWD, CROSS, SIDE, BACK, BACK ROCK-KICK, RECOVER

1&2 Rock R out to side, recover weight on L, step R fwd

3, 4, 5, Cross L over R, step R to side, step L back5& Jump back on R kicking L fwd, step L in place

* RESTART: on wall 2 after 16 counts, add 2-count Tag (facing 6 o'clock)

ROCKING CHAIR

1&2& Rock R fwd, recover weight on L, rock R back, recover weight on L

* TAG: 2-count Tag at the end of wall 4 (facing 6 o'clock)

ROCKING CHAIR

1&2& Rock R fwd, recover weight on L, rock R back, recover weight on L

* ENDING: on last wall, dance up to 28 counts (turn ¼ right on count 28 to finish at the front)

