

This Is For Real

Count: 96

Wand: 1

Ebene: Phrased Improver

Choreograf/in: Wenarika Josephine (INA) - March 2022

Musik: For Real - Joybird



Intro 16 count. // Seq : AABCC – AABCC – A – CC

Part A (32 cts)

Sect 1 CROSS, BACK DIAG, TURN ½ LEFT, TURN ¼ LEFT

- 1 – 2 R cross over L – L back diag
- 3 – 4 R diag back – L cross over R
- 5 – 6 R back – turn ½ left step L fwd ..(6.00)
- 7 – 8 R rock fwd – turn ¼ left recv on L ..(3.00)

Sect 2 CROSS, HOLD, SIDE, HOLD, ¼ LEFT , HOLD

- 1 – 4 R cross over L – hold – L to side – hold
- 5 – 8 R cross over L – hold – turn ¼ left L fwd – hold (12.00)

Sect 3 ROCKING CHAIR, FWD ROCK , BACK AND DRAG

- 1 – 4 R rock fwd – recv on L – R rock back – recvr on L
- 5 – 8 R rock fwd – recv on L - R back – drag heel towards R

Sect 4 REVERSE ROCKING CHAIR, BACK ROCK , FORWARD, HOLD

- 1 – 4 L rock back – recv on R – L rock fwd – recvr on R
- 5 – 8 L rock back – recvr on R – L fwd – hold

Part B (32cts)

Sect 1 CROSS TOUCH, SIDE TOUCH, FLICK, SIDE , SWIVEL LEFT FOOT

- 1 – 4 Touch R across L – touch to side – flick behind L – step R to side
- 5 – 8 Swivel L towards R on heel – toe – heel – toe

Sect 2 CROSS TOUCH, SIDE TOUCH, FLICK, SIDE , SWIVEL RIGHT FOOT

- 1 – 4 Touch L across R – touch to side – flick behind R – step L to side
- 5 – 8 Swivel R towards L on heel – toe – heel – toe

Sect 3 : repeat Sect 1

Sect 4 : repeat Sect 2

Part C (32cts)

Sect 1 VAUDEVILLE

- 1 – 4 Cross R over L – L to side – R heel diag fwd – step on R
- 5 – 8 Cross L over R – R to side – L heel diag fwd – step on L

Sect 2 FORWARD , HOLD, PIVOT ½ LEFT, HOLD

- 1 – 4 R fwd – hold – turn ½ left step on L – hold (6.00)
- 5 – 8 R fwd – hold – turn ½ left step on L – hold (12.00)

Sect 3 BACK DIAG HIP BUMPS, HITCH

- 1 – 4 R diag back bump hips back – bump fwd – bump back –hitch L
- 5 – 8 L diag back bump hips back – bump fwd – bump back – hitch R

Sect 4 BACK ROCK, FWD WALK, STOMP, HIP ROLL

- 1 – 4 R rock back – recv L – R fwd – L fwd

5 – 8 R stomp to side – L stomp to side – hip roll left back right (2cts)

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