

Recovery Steps

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Ian Grey (UK)

Musik: 12 Step Recovery - Paul Brandt



KICK, SWITCH STEP AND TOUCH, CROSS, TOUCH. KICK, SWITCH STEP AND TOUCH, CROSS, TOUCH

- 1&2 Kick right out, back to place, while touching left out to side
- 3-4 Cross left over right, touch right out to side
- 5&6 Kick right out, back to place, while touching left out to side
- 7-8 Cross left over right, touch right out to side

TOUCH, SCISSOR STEP, UNWIND ½ TURN

- 9-10 Touch right next to left, jump out (right left)
- 11-12 Jump in (crossing right over left), jump out (right left)
- 13-14 Jump in (crossing left over right), jump out (right left)
- 15-16 Jump in (crossing right over left), unwind half turn to left

KICK, SWITCH STEP AND TOUCH, CROSS, TOUCH. KICK, SWITCH STEP AND TOUCH, CROSS, TOUCH

- 17-18 Kick left out, back to place, while touching right out to side
- 19-20 Cross right over left, touch left out to side
- 21-22 Kick left out, back to place, while touching right out to side
- 23-24 Cross right over left, touch left out to side

HEEL STRUT X 4 MAKING ¼ TURN

- 25-28 Left heel forward, lower toes. Right heel forward, lower toes
- 29-32 Left heel forward, lower toes. Right heel forward, lower toes (making ¼ turn to right)

KICK TWICE, STEP WITH ½ TURN, TOUCH. KICK TWICE, STEP WITH ½ TURN, TOUCH

- 33-34 Kick left forward, kick left forward
- 35-36 Step left half turn to left, touch right next to left
- 37-38 Kick right forward, kick left forward
- 39-40 Step right half turn to right, touch left next to right

ROLLING VINE WITH 1 ½ TURNS. ROCK FORWARD, BACK, BACK, FORWARD

- 41-42 Step left half turn to left, step right half turn to left
- 43-44 Step left half turn to left, touch right next to left
- 45-46 Rock forward on right, rock back on left
- 47-48 Rock back on right, rock forward on left

SHUFFLE, STEP, PIVOT ½ TURN. SHUFFLE, STEP, PIVOT ½ TURN

- 49&50 Step right forward, bring left up to right, step right forward
- 51-52 Step forward on left, pivot half turn to right
- 53&54 Step left forward, bring right up to left, step left forward
- 55-56 Step forward on right, pivot half turn to left

GRAPEVINE TWICE

- 57-58 Step right to side, step left behind right
- 59-60 Step right to side, touch left next to right
- 61-62 Step left to side, step right behind left
- 63-64 Step left to side, touch right next to left

REPEAT
