Going Through The Motions

Ebene: Intermediate

Choreograf/in: Debbie Hogg (UK)

Count: 32

Musik: I Know She Still Loves Me - Sean Kenny

STEP TURN TWICE, STEP, HOLD, STEPS BACK WITH ½ TURN, TURN Start facing left diagonal front, in 3rd, right foot in front with heel raised, head turned to right diagonal front. 1 Step right foot making ½ turn right & Step left foot making ½ turn right & Step left foot making ½ turn right & Repeat steps 1& (you have now completed 2x full turns) Easier option: traveling diagonally forward: step right foot forward, close, step right foot beside left 6 Make ½ turn left on ball of right foot step left foot to left side, step right foot beside left 6 Make ½ turn left on ball of right foot step left foot to finish facing home wall feet together (5/8th turn left), step left foot in place Step right foot over right, step right foot to right side (slightly back), step left foot behind right 7-8 Sweep right toe around turning left on ball of right side (slightly back), step left foot behind right 7-8 Sweep right foot over left, kick left foot to right side (slightly back), step left foot behind right 7-8 Sweep right toe around into right sailor shuffle 7-2 Cross step right foot over left, step left foot to left diagonal front 384 Cross step left foot over left, step left foot to left side 7-8 Sweep right foot over left, step left foot to left side 7-8 Cr		
Turn & trevel towards right diagonal front 1 Step left foot making ½ turn right 8 Step left foot making ½ turn right (you have now completed full turn) 2& Repeat steps 18 (you have now completed 2x full turns) Easier option: traveling diagonally forward: step right foot forward, close, step right foot beside left 6 Make ½ turn left on ball of right foot step left foot to left side, step right foot beside left 6 Make ½ turn left on ball of right foot step left foot to finish facing home wall feet together 7-8 Sweep right toe around turning left on ball of left foot to finish facing home wall feet together (5/8th turn left), step left foot or left diagonal front 3&4 Cross step right foot over left, kick left foot to left diagonal front 7-8 Sweep right toe around into right sailor shuffle 7-2 Cross step left foot over left, kick left foot to left diagonal front 3&4 Cross step left foot over left, kick left foot to left diagonal front 3&4 Cross step left foot over left, kick left foot to left side 12 Cross step left foot over left, kick left foot to left side 3&4 Cross step right foot over left, step left foot to left side 3&4 Cross step right foot over left, step left foot to left side 3&4 Cross		
1 Step right foot making ½ turn right 8 Step left foot making ½ turn right (you have now completed full turn) 28 Repeat steps 18 (you have now completed 2x full turns) Easier option: traveling diagonally forward: step right foot forward, close, step right foot forward, hold 54 Step right foot forward, hold 54 Make ¼turn left on ball of right foot step left foot to left side, step right foot beside left 6 Make ¼turn left on ball of right foot step left foot to finish facing home wall feet together 7.8 Sweep right toe around turning left on ball of left foot to finish facing home wall feet together (5/8th turn left), step left foot over left, kick left foot to left diagonal front 38.4 Cross step right foot over right, step right foot to right side (slightly back), step left foot behind right 7.8 Sweep right toe around into right sailor shuffle 7.8 Sweep right foot over left, kick left foot to right side (slightly back), step left foot behind right 7.8 Sweep right foot over left, sailor shuffle 7.8 Sweep right foot over left, tock back onto left side 7.8 Left sailor shuffle (optional full turn left: cross left foot behind right, unwind) WEAVE LEFT, ROCK, WEAVE RIGHT, ROCK 7.8 Cross step right foot over left, step left foot to left s		
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7-8 Long step back on left foot, slide right foot beside left	3-4	Step right foot forward, lock left foot behind right
	5&6	Step right foot forward, cross step left foot over right, step right foot back
REPEAT	7-8	Long step back on left foot, slide right foot beside left
REPEAT		





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