

Honesty

Count: 48

Wand: 4

Ebene: Intermediate Cha Cha (88bpm)

Choreograf/in: Dee Musk (UK) - January 2008

Musik: All This Woman Needs - Rissi Palmer : (Album: Rissi Palmer)



Intro: 16 Counts from first beat, start on the word 'Flowers'. Approx 11 seconds.

SIDE ROCK RECOVER CROSS, SIDE ROCK & CROSS, RONDE SWEEP, SWEEP BALL STEP.

- 1,2,3 Rock R to R side, recover weight to L, cross R over L.
- 4&5 Rock L to L side, recover weight to R, cross L over R.
- 6,7 Point R toe out to R side, step R slightly behind L.
- 8&1 Sweep L anticlockwise, step L behind R, step R forward. (12 o'clock).

MAKE ¼ TURN R, CROSS SHUFFLE, SWAY SWAY, SAILOR ½ TURN R.

- 2,3 Step forward on L, make a ¼ turn R.
- 4&5 Cross step L over R, step R to R side, Cross step L over R.
- 6,7 Sway R to R side, sway L to L side.
- 8&1 Making a ½ turn R cross step R behind L, step L to L side, step R in place. (9 o'clock).

SKATE SKATE, CROSS ROCK SIDE, CROSS ROCK, CHASSE ¼ TURN R.

- 2,3 Skate L, Skate R.
- 4&5 Cross rock L over R, recover weight to R, step L to L side.
- 6,7 Cross rock R over L, recover weight to L.
- 8&1 Step R to R side, close L beside R, make a ¼ turn R stepping forward on R. (12 o'clock).

STEP ½ TURN R, SIDE ROCK & TOUCH, TOUCH SIDE, CROSS, SIDE ROCK & CROSS.

- 2,3 Step forward on L, make a ½ turn R.
- 4&5 Rock L to L side, recover weight to R, cross touch L over R.
- 6,7 Touch L out to L side, cross L over R.
- 8&1 Rock R out to R side, recover weight to L, cross R over L. (6 o'clock).

BACK SIDE, STEP LOCK STEP, BACK ROCK, L TURN BALL STEP.

- 2,3 Step back on L, step side on R.
- 4&5 Step forward on L, cross lock R behind L, step forward on L.
- 6,7 Rock back on R, recover weight to L.
- 8&1 Make a ½ turn L stepping back on R, step L beside R, step forward on R. (12 o'clock).

MAKE ½ TURN R, ¼ TURN R, CROSS ROCK ¼ TURN L, STEP ¾ TURN L, SIDE CLOSE.

- 2,3 Make a ½ turn R stepping back on L, make a ¼ turn R stepping side on R.
- 4&5 Cross rock L over R, recover weight to R, make a ¼ turn L stepping forward on L.
- 6,7 Step forward on R, make a ¾ turn L weight ending on L.
- 8& Step R to R side, close L beside R. (9 o'clock).

Begin again.

Restart during wall 5 – Dance to count 4 on section 2. Restart dance facing 3 o'clock wall.

Optional Ending on wall 7– For a smooth finish dance up to count 7 (L crossed over R) on section 4 then unwind ½ turn R to face 12 o'clock wall.

Relax and Enjoy Luv Dee xx

