

That's No Lie

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Steve Rutter (UK) & Claire Butterworth (UK) - July 2011

Musik: Sweat (A La La La La Long) - Mehrzad Marashi & Mark Medlock : (Album: Long New Life)



(16 Count Intro' from "I've Been Watching You").

Section 1 – Step Forward, Mambo Rocks, Weave, Side Rock.

- 1 Step right forward.
- 2& Rock forward on left, recover weight onto right.
- 3& Rock left to left side, recover weight to right.
- 4&5 Cross left behind right, step right to right side, cross left over right.
- 6-7 Rock right to right side, recover weight onto left. (12 o'clock)

Section 2 – Cross Behind, ¼ Turn Left, Side Step, Sailor Steps, Weave, Side Step.

- 8&1 Cross right behind left, make a quarter turn left stepping left forward, step right to right side.
- 2&3 Cross left behind right, step right beside left (taking weight), replace weight onto left.
- 4&5 Cross right behind left, step left beside right (taking weight), replace weight onto right.
- 6&7 Cross left behind right, step right to right side, cross left over right.
- & Step right to right side. (9 o'clock)

Section 3 – Crossing Shuffle, Side Mambo, Side Rock & Cross, Step Back, Side Step.

- 8&1 Cross left over right, step right to right side, cross left over right.
- Optional Arms: When Dancing Count 7 (Sec 2) and count 8 and count 1 (Sec 3)**
Push both hands out to left at shoulder level, palms of hands facing left as if pushing yourself to move right.
Bring them back in towards your body on the & counts.
- 2&3 Rock right to right side, recover weight onto left, close right beside left.
 - 4&5 Rock left to left side, recover weight onto right, cross left over right.
 - 6-7 Step back on right, step left to left side. (9 o'clock)

Section 4 – Crossing Shuffle, Reverse Rumba Box, Prissy Walks.

- 8&1 Cross right over left, step left to left side, cross right over left.
- 2&3 Step left to left side, close right beside left, step back on left.
- 4&5 Step right to right side, close left beside right, step right forward and across left slightly.
- 6-7 Cross left over right, cross right over left. (9 o'clock)

Section 5 – Step Forward, Pivot a ½ Turn Right, Step Forward, Walks ,(Cross, Step Back, Side Step) x2.

- 8&1 Step forward on left, pivot a half turn right, step forward on left.
 - 2-3 Step Forward on Right, Step Forward on left.
- OPTION: Counts 2-3 can be replaced with a full turn left travelling forward on right, left.**
- 4&5 Cross right over left, step back on left, step right to right side.
 - 6&7 Cross left over right, step back on right, step left to left side. (3 o'clock)

Section 6 – Cross, Step Back, ¼ Turn Right, Cross, Side Step, Sailor ¼ Turn Left, Toe Touches, Back Mambo Rock.

- 8&1 Cross right over left, step back on left, make a quarter turn right stepping right forward.
- 2-3 Cross left over right, step right to right side.
- 4&5 Cross left behind right, make quarter turn left stepping right beside left (taking weight), replace weight onto left.
- 6-7 Touch right toe forward, touch right toe to right side.
- 8& Rock back on right, recover weight forward on left. (3 o'clock)

Begin Again & Enjoy!
