

# Fifty Shades

Count: 112

Wall: 2

Level: Phrased Intermediate / Advanced  
West Coast



Choreographer: Tina S. Rasmussen (NOR), Benedikte Grønlund & Merethe Rike Grønlund -  
May 2015

Music: Love Me Like You Do - Ellie Goulding

Sequences: AA BA A(20 counts) CB BA(16 counts) DB A(20 counts)

## Part A – 32 counts

### A1: Side, cross over ¼ turn L, coaster step, Pivot turn L

- 1 RF Step R
- 2 LF cross over R
- & RF ¼ turn L, step back
- 3 LF step back
- 4 RF step back
- & LF Step together
- 5 RF Step forward
- 6 LF Step forward
- 7 RF ½ turn L (3.00)
- & LF ½ turn L (9.00)
- 8 RF Step forward

### A2: Rock, recover X2, step out x2, ½ turn L, hold

- 1 LF Rock forward
- 2 RF Recover
- & LF together
- 3 RF Rock forward
- 4 LF Recover
- & RF Step out
- 5 LF Step out
- 6 RF cross over L
- 7 LF ½ turn L (3.00)
- 8 RF Hold

### A3: Slide down , cross twinkle, hold

- 1 RF Point R, slide down
- 2 RF Touch R hand on the Floor
- 3 RF Rise
- 4 RF Drag towards LF
- 5 RF Cross over LF
- & LF Step beside RF
- 6 RF Step towards (4.30)
- 7 LF Step forward (4.30)
- 8 LF Hold

### A4: Hold, 1 3/8 turn, weave, ½ turn, sweep

- 1 LF 3/8 turn L (12.00)
- 2 RF ½ turn L (6.00)
- 3 RF ½ turn L (12.00)
- 4 RF Hold
- 5 RF Cross over LF

& LF Step L  
6 RF Cross behind L  
7 LF ¼ turn L sweep RF forward (9.00)  
8 LF ¼ turn L sweep RF forward (6.00)

**Part B - 32 counts ( starts always at 12.00)**

**B1: Step out, Ball hitch, step, cross, ¾ turn L, step, rock**

& RF Step out  
1 LF Step out ( weight on RF)  
2 LF Ball Hitch R (to the right)  
3 RF step R  
4 LF cross over RF  
& RF Step side  
5 LF cross behind RF  
6 RF ¼ turn L step back (9.00)  
& LF ½ turn L step forward (3.00)  
7 RF Step forward  
8 LF Rock forward

**B2: Step back x2, side rock ½ turn, side rock, hold**

1 RF Step back  
2 LF Step back  
& RF ¼ t L (12.00)  
3 LF Step L  
4 RF Rock R  
5 LF Recover  
6 RF ½ turn L rock R (6.00)  
7 LF Recover  
8 LF Hold

**B3: Hip Bump x4**

1 RF Touch in front (6.00)  
2 RF Step down ½ turn L (12.00)  
3 LF Touch in front  
4 LF Step down ¼ turn R (3.00)  
5 RF Touch in front  
6 RF Step down ½ turn L (9.00)  
7 LF Touch in front  
8 LF Step down

**B4: ½ Diamond, Spiral turn, unwind, Ball step, hold**

1 RF Cross over L (10.30)  
& LF Step L (12.00)  
2 RF Step behind LF ( 1.30)  
3 LF Step back ( 1.30)  
& RF Step beside LF  
4 LF Cross over RF ( weight on LF)  
5 LF Full turn unwind  
6 LF Weight on LF  
& RF Ball  
7 LF Step forward ( 1.30)  
8 RF Hold

**Part C - 12 counts (Starting at 9.00)**

**C1: Full Diamond**

- 1 RF Cross over LF(turn 2/8 over L ) (7.30)
- & LF Step forward
- 2 RF Step side (6.00)
- 3 LF Cross behind RF (turn 2/8 over L)
- & RF Step back
- 4 LF Step side (turn 2/8 over L) (3.00)
- 5 RF Cross over LF (turn 2/8 over L) (1.30)
- & LF Step forward
- 6 RF Step side (turn 2/8 over L) (12.00)
- 7 LF Cross behind RF (turn 2/8 over L)(10.30)
- & RF Step back ( turn 2/8 over L) (9.00)
- 8 LF Turn ¼ to L (6.00)

**C2: 2 ½ turn forward diagonally**

- 1 RF 3/8 turn to R step forward (10.30)
- 2 LF ½ turn R step back (4.30)
- 3 RF ½ turn R step forward (10.30)
- 4 LF 1 1/8 turn R (12.00)

**Part D - 36 counts(starting at 3.00)**

**D1: Step, Full Diamond**

- 1 RF Step forward (1.30)
- 2 LF Step forward
- & RF Step side (2/8 turn L) (12.00)
- 3 LF Step back (10.30)
- 4 RF Step back
- & LF Step side (2/8 turn L) (9.00)
- 5 RF Step forward (7.30)
- 6 LF Step forward
- & RF Step side (2/8 turn L) (6.00)
- 7 LF Step back (4.30)
- 8 RF Step back

**D2: "Shades" x 4 with ½ turns**

- 1 LF ½ turn forward, sweep RF forward
- 2 RF Step down
- 3 LF ½ turn Ball RF sweep backwards
- 4 RF Step down
- 5 LF ½ turn Ball RF sweep forward
- 6 RF Step down
- 7 LF ½ turn Ball RF sweep backwards
- 8 RF Step down

**D3: "Shades" x 1, Diamond**

- 1 LF ½ turn Ball RF sweep forward
- 2 RF Cross over LF (10.30)
- & LF Step L ( turn 2/8 over R) (12.00)
- 3 RF Step back
- 4 LF Step back (turn 2/8 over R) (1.30)
- & RF Step side (turn 2/8 over R)(3.00)
- 5 LF Cross over R (4.30)
- 6 RF Step forward
- & LF Step side (turn 2/8 over R) (6.00)
- 7 RF Step back (turn 2/8 over R) (7.30)

8 LF Step back  
& RF Step side (turn 2/8 over R) ( 9.00)

**D4: Step, walk around in Circle, holdx2**

1 LF Step forward (10.30)  
2 RF Walk  
3 LF Walk  
4 RF Walk  
5 LF Walk  
6 RF Walk  
7 BF Hold (12.00) ( Stretch your arms  
8 BF Hold forward towards the sky..)

**D5: Hold x4**

1-4 BF Hold

**Starts on 5....**

**Ending: Dance Part A to count 20, turn  $\frac{3}{4}$  (instead of  $\frac{1}{2}$  turn) turn to the front..... (12.00)**

**Enjoy this fantastic music... and dance !!!**

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