

# Able

Count: 48

Wall: 2

Level:

Choreographer: Harold Grimshaw (UK) - February 2018

Music: Lifer - MercyMe : (Album: Even If)



---

## CROSS POINTS with HOLDS, TURN, BACK HOLD, BACK DRAG HOLD

- 1-3 Left Cross, Point Right, Hold
- 4-6 Right Behind, Point Left, Hold
- 7-9 Left Cross, Right Back (1/4 Left), Hold
- 10-12 Left Back, Drag Right together (no weight), Hold

## FWD TURN HOLD, BACK DRAG HOLD, FWD DRAG HOLD, FWD TURN HOLD

- 1-3 Right forward, Left back (1/2 Right), Hold
- 4-6 Right back, Drag Left together (no weight), Hold
- 7-9 Left Stride forward, Drag Right together, Hold
- 10-12 Right Stride forward, Twist 1/4 Left onto Left toes (Left Heel raised), Hold

**\*\*Restart here during Wall 9 facing Home wall**

## SWAY TOUCHES with HOLDS, TURN HOLD, BACK HOLDS

- 1-3 Sway Left, Touch Right together, Hold
- 4-6 Sway Right, Touch Left together, Hold
- 7-9 Step Forward Left (1/4 Left), Step Side Right (1/4 Left), Hold
- 10-12 Left back, Hold, Hold

## TURN SWEEP, CROSS POINT HOLD, BACK TOGETHER HOLD, STEP HEEL RAISE, HOLD

- 1-3 Right Forward (1/2 Right), Sweep Left around front of Right (Pivoting 1/2 Right over 2 Counts)
- 4-6 Left Cross, Point Right (facing Right diagonal forward), Hold
- 7-9 Right back, Left together, Hold (remain on diagonal)
- 10-12 Right diagonally forward (Long step), Raise Left Heel, Hold

**TAG: \*12 Count Tag here (end of Wall 4 facing Home wall) (facing Right diagonal forward)**

## PIVOT TURNS with HOLDS, FWD TOUCH HOLD, STEP HEEL RAISE, HOLD

- 1-6 Left forward, Pivot 1/2 Right (taking weight), Hold, Left forward, Pivot 1/2 Right (taking weight), Hold
  - 7-9 Left forward, Touch Right together, Hold
  - 10-12 Right forward (Long step), Raise Left Heel, Hold
-