

# Lying to Myself

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Brenda Shatto (USA) & Barbara Tobin (USA) - September 2024

Music: Lying To Myself - Kate Hudson



**Restart: Wall 5 after 16 counts (facing 3:00)**

**Intro: 32 counts, start with weight on L**

**(1-8) Side, together, forward lock, 1/2 right pivot, 1/4 right turning chasse**

- 1,2 Step R to right, close L
- 3&4 Step R forward, lock L behind, step R forward
- 5,6 Step L forward, pivot 1/2 right [6:00]
- 7&8 Continue turning 1/4 right stepping L to left, close R, step L to left [9:00]

**(9-16) Cross behind, side, crossing shuffle, side rock, 1/2 left sailor**

- 1,2 Cross R behind L, step L to left
- 3&4 Cross R over L, step L to left, cross R over L
- 5,6 Rock L to left, recover R
- 7&8 Sweep L behind R while turning 1/2 left, close R, step L forward [3:00]

**\*restart Wall 5 facing [3:00]**

**(17-24) 1/2 left turn with slow sweep, back rock, recover, spiral, walk, walk**

- 1,2 Turn 1/2 left stepping R back sweeping L from front to back, continue sweep [9:00]
- 3,4 Rock L back, recover R
- 5,6 Step L forward, full right turn spiral on L
- 7,8 Step R forward, step L forward

**(25-32) 1/4 left pivot, 1/4 left pivot, cross and close, kick ball cross**

- 1,2 Step R forward, pivot 1/4 left [6:00]
- 3,4 Step R forward, pivot 1/4 left [3:00]
- 5,6 Cross R over L, step L next to R (angling to right diagonal)
- 7&8 Kick R to right diagonal, step R next to L, cross L over R

**Square up to [3:00] when starting the dance again on count 1.**

**Ending: The dance ends facing [6:00]. Unwind 1/2 turn right to face [12:00].**

Contact the choreographers with your questions:

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