

# To The West

Count: 40

Wall: 4

Level: Improver

Choreographer: Cara Townsend & Ray Cadden (UK)

Music: Downtime - Jo Dee Messina



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## RIGHT SIDE TOGETHER, SIDE SHUFFLE, CROSS ROCK, BACK ROCK

- 1-2 Step right to right side, step left next to right
- 3&4 Step right to right, step left next to right, step right to right
- 5-6 Cross left across right rocking weight forward recover weight back on to right
- 7-8 Rock back on to left foot, recover weight forward on to right

## LEFT SIDE TOGETHER, SIDE SHUFFLE, CROSS ROCK, BACK ROCK

- 1-2 Step left to left side, step right next to left
- 3&4 Step left to left side, step right next to left, step left to left side
- 5-6 Cross right across left rocking weight forward recover weight back on to left
- 7-8 Rock back on to right foot, recover weight forward on to left foot

## RIGHT KICK BALL CHANGE, STEP PIVOT. TRIPLE HALF TURN TWICE

- 1&2 Kick right foot forward, step right foot next to left, transfer weight onto left foot
- 3-4 Step forward on right foot, turn half turn left
- 5&6 Make half turn over left shoulder, stepping right, left, right
- 7&8 Make half turn over left shoulder, stepping left, right, left

## ROCKING CHAIR, HIP BUMPS

- 1-2 Rock forward on right foot, recover weight on to left foot
- 3-4 Rock back on right foot, recover weight on to left foot
- 5-6 Stepping slightly forward on right foot, bump hips forward and back
- 7&8 Bump hips forward, back, forward

## ROCK RECOVER, TRIPLE THREE QUARTER TURN, TOUCH BALL CHANGE TWICE

- 1-2 Rock forward onto right foot, recover weight onto left foot
- 3&4 Turn  $\frac{3}{4}$  turn over left shoulder stepping left, right, left
- 5&6 Touch right toe forward, step right next to left, transfer weight to left foot
- 7&8 Touch right toe forward, step right next to left, transfer weight to left foot

**REPEAT**

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