To The West



Count: 40 Wall: 4 Level: Improver

Choreographer: Cara Townsend & Ray Cadden (UK)

Music: Downtime - Jo Dee Messina



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

1-2	St.	en riaht ta	riaht side	sten let	ft next to right
		op ngni ic	, rigint blue,	Stop io	t 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 ¾ turn over left shoulder stepping left, right, left

Touch right toe forward, step right next to left, transfer weight to left foot
Touch right toe forward, step right next to left, transfer weight to left foot

REPEAT