

# Weight Loss

Count: 72

Wall: 1

Level: Intermediate social cha

Choreographer: Barry Woods (UK)

Music: If French Fries Were Fat Free - Alan Jackson



## ROCK STEP, COASTER STEP

- 1-2 Step forward right, rock back on left  
3&4 Step back on right, step left beside right, step forward on right

## ROCK STEP, COASTER STEP

- 5-6 Step forward left, rock back on right  
7&8 Step back on left, step right beside left, step forward on left

## HEEL HOOKS, WITH ¼ TURNS

- 9-12 Touch right heel forward, hook up across front of left leg, touch right heel forward on right diagonal, step right in place, turning ¼ to right, (facing 3:00 wall)  
13-16 Touch left heel forward, hook up across front of right leg, touch left heel forward on left diagonal, step left in place turning ¼ to left, (facing back to 12:00 wall)

## GRAPEVINE WITH CROSS

- 17-20 Step right to right side, cross left behind right, step right to right side, cross left over right

## SIDE ROCK, CROSS SHUFFLE

- 21-22 Rock out right, back onto left  
23&24 Cross step right over left, step left to left side, cross step right over left

## LEFT GRAPEVINE, ½ TURN

- 25-28 Step to left, on left turning ¼ to left, (facing 9:00 wall) step forward on right turning ¼ to left, cross left behind right, step right to right side (facing 6:00 wall)

## ROCK STEP, COASTER STEP

- 29-30 Step forward left, rock back on right  
31&32 Step back on left, step right beside left, step forward on left

## ROCK STEP, COASTER STEP

- 33-34 Step forward right, rock back on left  
35&36 Step back on right, step left beside right, step forward on right

## HEEL HOOKS, WITH ¼ TURNS

- 37-40 Touch left heel forward, hook up across front of right leg, touch left heel forward on left diagonal, step left in place, turning ¼ to left, (facing 3:00 wall)  
41-44 Touch right heel forward, hook up across front of left leg, touch right heel for on right diagonal, step right in place turning ¼ to right, (facing back to 6:00 wall)

## GRAPEVINE WITH CROSS

- 45-48 Step left to left side, cross right behind left, step left to left side, cross right over left

## SIDE ROCK, CROSS SHUFFLE

- 49-50 Rock out on left to left, rock back on right  
51&52 Cross step left over right, step right to right side, cross step left over right

## ROCK STEP, SHUFFLE TURN

53-54 Rock forward on right, rock back on left  
55&56 Right half turn shuffle, stepping right, left, right

### **ROCK STEP, SHUFFLE TURN**

57-58 Rock forward on left, rock back on right  
59&60 Left half turn shuffle, stepping left right left

### **¼ TURN RIGHT GRAPEVINE CROSS**

61-64 Step forward on right, stepping a ¼ turn to left (facing 3:00 wall) cross left behind right, step right to right side, cross step left over right

### **SIDE ROCK ¼ TURN**

65-66 Rock out right to right side, rock back on left turning a ¼ turn left, (facing 12:00 wall)

### **WEAVE, WITH TURNS**

67-68 Step forward on right turning a ¼ turn to left, (facing 9:00 wall) cross left behind right  
69-70 Step forward on right turning a ½ turn right, (facing 3:00 wall) step left to left side  
71-72 Cross right behind left, step forward on left turning a ¼ turn to left, (facing 12:00 wall)

**REPEAT**

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