

...And Fell In Love

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Michael Barr (USA)

Music: Rise And Fall - Craig David & Sting



SIDE, ROCK-RETURN, ¼ LEFT, ¼ TOUCH SIDE - TURN ½ LEFT TOUCH SIDE, CROSS STEP, SIDE LEFT, TURN ½, CROSS STEP

- 1 Step right side right
2&3 Rock back onto left; return weight to right; turn ¼ left stepping left forward
4-5-6 On ball of left turn ¼ left touching right side right; on ball of left turn ½ left touching right side right; cross right over left
7&8 Step left side left; turning ½ right step right side right; cross step left in front of right

SIDE, BEHIND-½ LEFT-CROSS, ¼ RIGHT - SYNCOPATED LOCK STEPS ENDING WITH A TOUCH SIDE LEFT

- 1 Step right side right
2&3 Step left behind right, turn ½ left stepping onto right in place, cross step left in front of right

Try being on the balls of the feet when doing counts 2&3

- 4 Turn ¼ right stepping forward onto right
5&6 Step left forward, (lock) step right behind left, step left forward
&7&8 Step right forward, (lock) step left behind right, step right forward, touch left side left

As you step down on count 3, slightly torque the hips left (over rotate) and then on count 4 over rotate just a bit to the right when you step forward into your ¼ turn right. These two steps start to give the feel of swivels by over rotating left and right

TRIPLE LEFT TURN, CROSS, STEP BACK - 1 ¼ TURN RIGHT, CROSS & CROSS

- 1&2 In place: turn ½ left stepping onto left, step right next to left, turn ½ left stepping onto right (over rotate slightly)
3-4 Sweep (step) right crossing over left (keep right toe on floor), step back onto left
5&6 ¼ turn right: turn ¼ right stepping right side right, turn ½ right stepping left side left, turn ¼ right stepping right side right
7&8 Cross step left in front of right, step right side right, cross step left in front of right

PRESS, RETURN, BEHIND & CROSS - SYNCOPATED ROCK CROSS STEPS

- 1-2 Press right side right, return weight to left
3&4 Step right behind left, step left side right, cross step right in front of left
&5&6 Rock step left side left, return to right slightly back, step left in front of right, rock step right side right
&7&8 Return to left slightly back, step right in front of left, rock step left side left, return to right slightly back
& Step left in front of right

REPEAT

RESTART

If using the Elvin Bishop cut restart the dance after count 24 during the third rotation. You will be facing the back wall at that point

The Rod Stewart version is different and will not work with the restart