

Emmylou

Count: 32

Wall: 2

Level: Easy Intermediate

Choreographer: Hazel Pace (UK) - May 2012

Music: Emmylou - First Aid Kit : (Album: The Lion Roars - iTunes)



Intro: 32 Counts.

[1 – 8] Side, Rock Recover Side, Behind Side Cross, Rock Recover, Crossing Shuffle.

- 1 Step right to right side.
- 2 & 3 Rock left behind right, recover on right, left to left side.
- 4 & 5 Step right behind left, left to left side, cross right over left.
- 6& Rock left to left side, recover on right.
- 7 & 8 Cross left over right, right to right side, cross left over right.

[9 – 16] Side Together Back, Side Together Forward, Mambo Forward, Left Back Lock Back.

- 1 & 2 Right to right side, left beside right, back on right.
- 3 & 4 Left to left side, right beside left, forward on left.
- 5 & 6 Rock forward on right, recover on left, back on right.
- 7 & 8 Step back on left, lock right over left, back on left.

[17 – 24] Step 1/4 Right, Touch, 1/4 Left Forward, 3/4 Left Turn Forward, Crossing Shuffle, Side Rock Recover Making 1/4 Turn Right, Step.

- 1 & 2 Make 1/4 turn right stepping right to right side, touch left beside right, (3.00) make 1/4 turn left stepping forward on left (12.00).
- 3 – 4 Make 1/2 turn left stepping back on right, 1/4 turn left stepping left to left side. (3.00).
- 5 & 6 Cross right over left, left to left side, cross right over left.
- 7 & 8 Rock left to left side, recover on right making 1/4 turn right, step forward on right.

[25 – 32] Rock Forward, 1/2 Turn Left Recover, Step 1/4 Left, Cross, 3/4 Turn Right, Side Together Cross.

- 1 – 2 Rock forward onto right, make 1/2 turn left rocking weight onto left.
- 3 & 4 Step forward right, make 1/4 turn left, cross right over left.
- 5 – 6 Make 1/4 turn right stepping back on left, 1/2 turn right stepping forward on right.
- 7 & 8 Step left to left side, right beside left, cross left over right.

Restart – 2nd sequence.

Dance up to count 20, making a full turn right to face back, instead of 3/4 turn right.

TAG: 4 Count Tag at the end of walls 3 & 5 at the Front. And 6 & 8 at the Back.

- 1 – 2& Right to right side, rock left behind right & recover on right.
- 3 – 4& Left to left side, rock right behind left & recover on left

Ending. Dance steps 1 – 5 Sect. 1; then step forward on left, 1/2 pivot right, step forward on left.

It really is easier than it seems.

Thanks to Alan for the music suggestion,

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