

Loving U

Count: 64

Wall: 4

Level: Improver

Choreographer: Sally Hung (TW) - September 2013

Music: Loving You - Matt Cardle & Melanie C



Sequence of dance: step R to the R and hold for 4 counts at the beginning of wall 2
Start to dance after 8 counts

S1. SIDE ROCK RECOVER, COASTER STEP, PADDLE TURNS (¾ TURN R), TOGETHER

1,2,3&4 Rock R to the R, recover onto L, step R behind L, step L beside R, step R fwd
5,6,7,8 Step fwd on L, pivot ¼ R, step fwd on L, pivot ¼ R, step fwd on L, pivot ¼ R, step L beside R

S2. CROSS MAMBO, CROSS MAMBO, R CUBAN BREAK, R CUBAN BREAK

1&2,3&4 Cross rock R over L, replace weight back on L, step R beside L, cross rock L over R, replace
weight back on R, step L beside R
5&6,7&8 Cross rock R over L, step L in place, step R to side, cross rock R over L, step L in place, step
R to side

S3. STEP FWD, HOLD, BALL ROCK, RECOVER, STEP FWD, ROCK FWD, RECOVER, BACK SHUFFLE

1,2,&3&4, Step fwd on R, hold, step ball of L next to R, rock fwd on R, recover onto L, step fwd on R
5,6,7&8 Rock fwd on L, recover onto R, step back on L, lock R in front of L, step back on L

S4. ROCK BACK, RECOVER, ROCK FWD, RECOVER, ROCK BACK, RECOVER, ROCK ¼ TURN L ,RECOVER

1,2,3,4 Rock back on R, recover onto L, rock fwd on R, recover onto L
5,6,7,8 Rock back on R, recover onto L, rock R fwd, recover ¼ turn L stepping L fwd

S5. HEEL FWD X2, HEEL SIDE X2, , CROSS, SIDE, HEEL JACKS, CROSS, SIDE, HEEL JACKS

1,2,3,4 Tap R heel fwd twice, tap R heel to R side twice
5&6&7&8& Cross R over L, step L to L side, tap R heel fwd, step R next to L, cross L over R, step R to R
side, tap L heel fwd, step L next to R

S6. KICK, KICK, COASTER STEP, KICK, KICK, COASTER STEP ¼ TURN L

1,2,3&4 Kick R fwd, kick R to R side, step back on R, step L next to R, step R fwd
5,6,7&8 Kick L fwd, kick L to L side, ¼ turn L crossing L behind R, step R fwd, step L fwd

S7. CROSS MAMBO, CROSS MAMBO, SAILOR STEP, SAILOR STEP WITH ¼ TURN L

1&2,3&4 Cross rock R over L, replace weight back on L, step R beside L, cross rock L over R, replace
weight back on R, step L beside R
5&6,7&8 Cross step R behind L, step L to L side, step R to R side, turn ¼ L cross stepping L behind R,
step R to R side, step L to L side

S8. KICK BALL CHANGE X2, JAZZ BOX ¼ TURN R

1&2,3&4 Kick R fwd, step on ball of R, step L in place, kick R fwd, step on ball of R, step L in place
5,6,7,8 Cross step R over L, step back on L, make a ¼ turn R stepping R fwd, step L fwd

Have Fun & Happy Dancing

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