

Fifty Shades

Compte: 112

Mur: 2

Niveau: Phrased Intermediate / Advanced
West Coast



Chorégraphe: Tina S. Rasmussen (NOR), Benedikte Grønlund & Merethe Rike Grønlund - May 2015

Musique: Love Me Like You Do - Ellie Goulding

Sequences: AA BA A(20 counts) CB BA(16 counts) DB A(20 counts)

Part A – 32 counts

A1: Side, cross over $\frac{1}{4}$ turn L, coaster step, Pivot turn L

- 1 RF Step R
- 2 LF cross over R
- & RF $\frac{1}{4}$ turn L, step back
- 3 LF step back
- 4 RF step back
- & LF Step together
- 5 RF Step forward
- 6 LF Step forward
- 7 RF $\frac{1}{2}$ turn L (3.00)
- & LF $\frac{1}{2}$ turn L (9.00)
- 8 RF Step forward

A2: Rock, recover X2, step out x2, $\frac{1}{2}$ turn L, hold

- 1 LF Rock forward
- 2 RF Recover
- & LF together
- 3 RF Rock forward
- 4 LF Recover
- & RF Step out
- 5 LF Step out
- 6 RF cross over L
- 7 LF $\frac{1}{2}$ turn L (3.00)
- 8 RF Hold

A3: Slide down , cross twinkle, hold

- 1 RF Point R, slide down
- 2 RF Touch R hand on the Floor
- 3 RF Rise
- 4 RF Drag towards LF
- 5 RF Cross over LF
- & LF Step beside RF
- 6 RF Step towards (4.30)
- 7 LF Step forward (4.30)
- 8 LF Hold

A4: Hold, $1 \frac{3}{8}$ turn, weave, $\frac{1}{2}$ turn, sweep

- 1 LF $\frac{3}{8}$ turn L (12.00)
- 2 RF $\frac{1}{2}$ turn L (6.00)
- 3 RF $\frac{1}{2}$ turn L (12.00)
- 4 RF Hold
- 5 RF Cross over LF

& LF Step L
6 RF Cross behind L
7 LF ¼ turn L sweep RF forward (9.00)
8 LF ¼ turn L sweep RF forward (6.00)

Part B - 32 counts (starts always at 12.00)

B1: Step out, Ball hitch, step, cross, ¾ turn L, step, rock

& RF Step out
1 LF Step out (weight on RF)
2 LF Ball Hitch R (to the right)
3 RF step R
4 LF cross over RF
& RF Step side
5 LF cross behind RF
6 RF ¼ turn L step back (9.00)
& LF ½ turn L step forward (3.00)
7 RF Step forward
8 LF Rock forward

B2: Step back x2, side rock ½ turn, side rock, hold

1 RF Step back
2 LF Step back
& RF ¼ t L (12.00)
3 LF Step L
4 RF Rock R
5 LF Recover
6 RF ½ turn L rock R (6.00)
7 LF Recover
8 LF Hold

B3: Hip Bump x4

1 RF Touch in front (6.00)
2 RF Step down ½ turn L (12.00)
3 LF Touch in front
4 LF Step down ¼ turn R (3.00)
5 RF Touch in front
6 RF Step down ½ turn L (9.00)
7 LF Touch in front
8 LF Step down

B4: ½ Diamond, Spiral turn, unwind, Ball step, hold

1 RF Cross over L (10.30)
& LF Step L (12.00)
2 RF Step behind LF (1.30)
3 LF Step back (1.30)
& RF Step beside LF
4 LF Cross over RF (weight on LF)
5 LF Full turn unwind
6 LF Weight on LF
& RF Ball
7 LF Step forward (1.30)
8 RF Hold

Part C - 12 counts (Starting at 9.00)

C1: Full Diamond

- 1 RF Cross over LF(turn 2/8 over L) (7.30)
- & LF Step forward
- 2 RF Step side (6.00)
- 3 LF Cross behind RF (turn 2/8 over L)
- & RF Step back
- 4 LF Step side (turn 2/8 over L) (3.00)
- 5 RF Cross over LF (turn 2/8 over L) (1.30)
- & LF Step forward
- 6 RF Step side (turn 2/8 over L) (12.00)
- 7 LF Cross behind RF (turn 2/8 over L)(10.30)
- & RF Step back (turn 2/8 over L) (9.00)
- 8 LF Turn ¼ to L (6.00)

C2: 2 ½ turn forward diagonally

- 1 RF 3/8 turn to R step forward (10.30)
- 2 LF ½ turn R step back (4.30)
- 3 RF ½ turn R step forward (10.30)
- 4 LF 1 1/8 turn R (12.00)

Part D - 36 counts(starting at 3.00)

D1: Step, Full Diamond

- 1 RF Step forward (1.30)
- 2 LF Step forward
- & RF Step side (2/8 turn L) (12.00)
- 3 LF Step back (10.30)
- 4 RF Step back
- & LF Step side (2/8 turn L) (9.00)
- 5 RF Step forward (7.30)
- 6 LF Step forward
- & RF Step side (2/8 turn L) (6.00)
- 7 LF Step back (4.30)
- 8 RF Step back

D2: "Shades" x 4 with ½ turns

- 1 LF ½ turn forward, sweep RF forward
- 2 RF Step down
- 3 LF ½ turn Ball RF sweep backwards
- 4 RF Step down
- 5 LF ½ turn Ball RF sweep forward
- 6 RF Step down
- 7 LF ½ turn Ball RF sweep backwards
- 8 RF Step down

D3: "Shades" x 1, Diamond

- 1 LF ½ turn Ball RF sweep forward
- 2 RF Cross over LF (10.30)
- & LF Step L (turn 2/8 over R) (12.00)
- 3 RF Step back
- 4 LF Step back (turn 2/8 over R) (1.30)
- & RF Step side (turn 2/8 over R)(3.00)
- 5 LF Cross over R (4.30)
- 6 RF Step forward
- & LF Step side (turn 2/8 over R) (6.00)
- 7 RF Step back (turn 2/8 over R) (7.30)

8 LF Step back
& RF Step side (turn 2/8 over R) (9.00)

D4: Step, walk around in Circle, holdx2

1 LF Step forward (10.30)
2 RF Walk
3 LF Walk
4 RF Walk
5 LF Walk
6 RF Walk
7 BF Hold (12.00) (Stretch your arms
8 BF Hold forward towards the sky..)

D5: Hold x4

1-4 BF Hold

Starts on 5....

Ending: Dance Part A to count 20, turn $\frac{3}{4}$ (instead of $\frac{1}{2}$ turn) turn to the front..... (12.00)

Enjoy this fantastic music... and dance !!!

Contact: tina.steiniche.rasmussen@gmail.com
