

Focus On Me

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Adam Åstmar (SWE) - December 2015

Musique: Focus - Ariana Grande



Intro: 16 counts

Sec – 1: STEP BACK, HOOK, STEP, TOUCH BACK, 1/2 TURN HITCH, STEP, SHUFFLE, MAMBO STEP

- 1 & 2 Step R back, hook L over R, step L forward
- 3 & 4 Touch R toe back, turn 1/2 to the right hitching R knee forward, step R forward (6:00)
- 5 & 6 Step L forward, step R next to L, step L forward
- 7 & 8 Rock R forward, recover to L, step R back

Sec – 2: STEP BACK, TWIST, HITCH, CROSS, SIDE ROCK, CROSS, TOGETHER, SWIVEL HEELS & TOES

- 1 - 2 Step L back, twist both heels to the right while turning your body 1/2 to the left (12:00)
- 3 & 4 Twist both feet back in place turning your body back 1/2 to the right, hitch L forward, cross L over R (6:00)
- 5 & 6 Rock R to the right, recover to L, cross R over L
- 7 & 8 Step L next to R, swivel both heels to the left, swivel both toes to the left

Sec – 3: DIAGONALLY STEPS (EXPLAINED BELOW): X8: SIDE, TOUCH

- 1 & Step R diagonally forward to the right, touch L next to R
- 2 & Step L diagonally forward to the left, touch R next to L
- 3 & Step R diagonally forward to the right, step L next to R
- 4 & Repeat steps from count: 1 &
- 5 & Step L diagonally forward to the left, touch R next to L
- 6 & Step R diagonally forward to the right, touch L next to R
- 7 & Step L diagonally forward to the left, step R next to L
- 8 & Repeat steps from count: 5 &

Sec – 4: CHASSE 1/4 TURN, 1/2 TURN, HOP 1/4 TURN X2, KICK, BALL, POINT, BALL, POINT, FLICK, POINT

- 1 & 2 Step R to the right, step L next to R, 1/4 turn step to the right (9:00)
- 3 & 4 Turn 1/2 to the right stepping L back, turn 1/4 to the right hopping with both feet, repeat last step (9:00)
- 5 & 6 Kick R forward, ball step R next to L, point L to the left
- & 7 Ball step L next to R, point R to the right
- & 8 Flick R behind L and touch with left hand, point R to the right

- Restart -

Tag occurs after walls: 6 and 8

SIDE STEP X2, PUSH HANDS

- 1 - 2 Step R to the right, step L to the left
- & 3 Bring up both hands close to your chest, push both hands forward
- & 4 Bring back hands to your chest, push forward again

Ending After pointing R to the right, just turn 1/2 to the right stepping R slightly forward

Have fun!

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