

Selfish Love

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Scott Schrank (USA) & Jonno Liberman (USA) - October 2017

Musique: Selfish Love - Jessie Ware : (iTunes)



Intro: 32 Counts (20 Seconds In)

Phrasing: (Dance starts 37 seconds in). - 32-32-32-23-(Tag)-32-32-32-32-23-(Tag)-32-32-32

[1-7] BACK, CLOSE, STEP, STEP-PIVOT-CROSS, TURN 1/4, TURN 1/4

- 1-2-3 Step back on R foot (1), Close L foot next to R foot (2), Step R foot forward (3)
4&5 Step L foot forward (4), Pivot 1/4 turn right on balls of feet (&) Cross L foot over R foot (5) [3:00]
6-7 Make 1/4 turn left stepping R foot back (6), Make another 1/4 turn left on ball of R foot stepping L foot left (7) [9:00]

[8-15] CROSS-ROCK-STEP, SLIDE, POINT, SAILOR 1/4 TURN, SWAY, SWAY

- 8&1 Cross step R foot over L foot (8), Rock L foot left (&), Step R foot in place (1)
2-3 Slowly slide L foot next to R foot (2), Point R toes right (3)
4&5 Step R foot behind L foot (4), Make 1/4 turn right stepping L foot next to R foot (&), Step R foot slightly forward and across L foot (5) [12:00]
6-7 Step L foot left swaying hips left (6), Sway hips over R foot (7) (Weight the R foot) [12:00]

[16-23] CROSS-ROCK-SIDE, HOLD, BALL-SIDE, CROSS-RECOVER SWEEP 1/2 TURN, CROSS STEP

- 8&1 Cross rock L foot over R foot (8), Recover weight back to R foot (&), Step L foot left (1)
2&3 Hold (2), Step ball of R foot next to L foot (&), Step L foot left (3)
4&5 Cross rock R foot over L foot (4), Recover weight to left foot (&) Make 1/4 turn right stepping R foot forward (5) [3:00]
6-7 Sweep L foot over R foot making 1/4 turn right (6), Step L foot over R foot (7) [6:00]

(Tag and Restart happens here both times)

[24-32&] SIDE-ROCK-CROSS, SIDE, CROSS, SIDE-CLOSE-PREP, TURN, TURN, BACK-LOCK-TURN

- 8&1 Rock R foot right (8), Recover weight to L foot (&), Cross step ball of R foot over L (1)
2-3 Step ball L foot side left (2), Step ball of R foot over L foot (3)
4&5 Step L foot left (4), Close R foot next to L foot (&), Make 1/4 turn right stepping L forward prepping for left turn (5) [9:00]
6-7 Make 1/2 turn left on ball of L foot stepping back on R foot, Make 1/2 turn left on ball of R foot stepping L foot forward (7) (Weight the L foot) [9:00]
8& (1) Continue another 1/2 left stepping R foot next to L foot (8), Finish the 1/2 turn locking L foot over R foot (&) Rock back on R foot (1) [3:00]

(1 is the first count of the dance)

Repeat and have fun!

TAG/RESTART:

Dance the first 23 counts of the dance as written. This will bring your L foot over R foot.

Change count 8 to: Step R foot back as you sweep L foot 1/4 turn left (8). This finishes off the 3rd set of eight. Step L foot forward (1), Step R foot forward (2), Pivot 1/2 turn left on balls of feet (3), (Weight the L foot), Continue another 1/2 left stepping R foot next to L foot (4), Finish the 1/2 turn locking L foot over R foot (&) Step back on R foot (1) (1 is the first count of the dance)

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